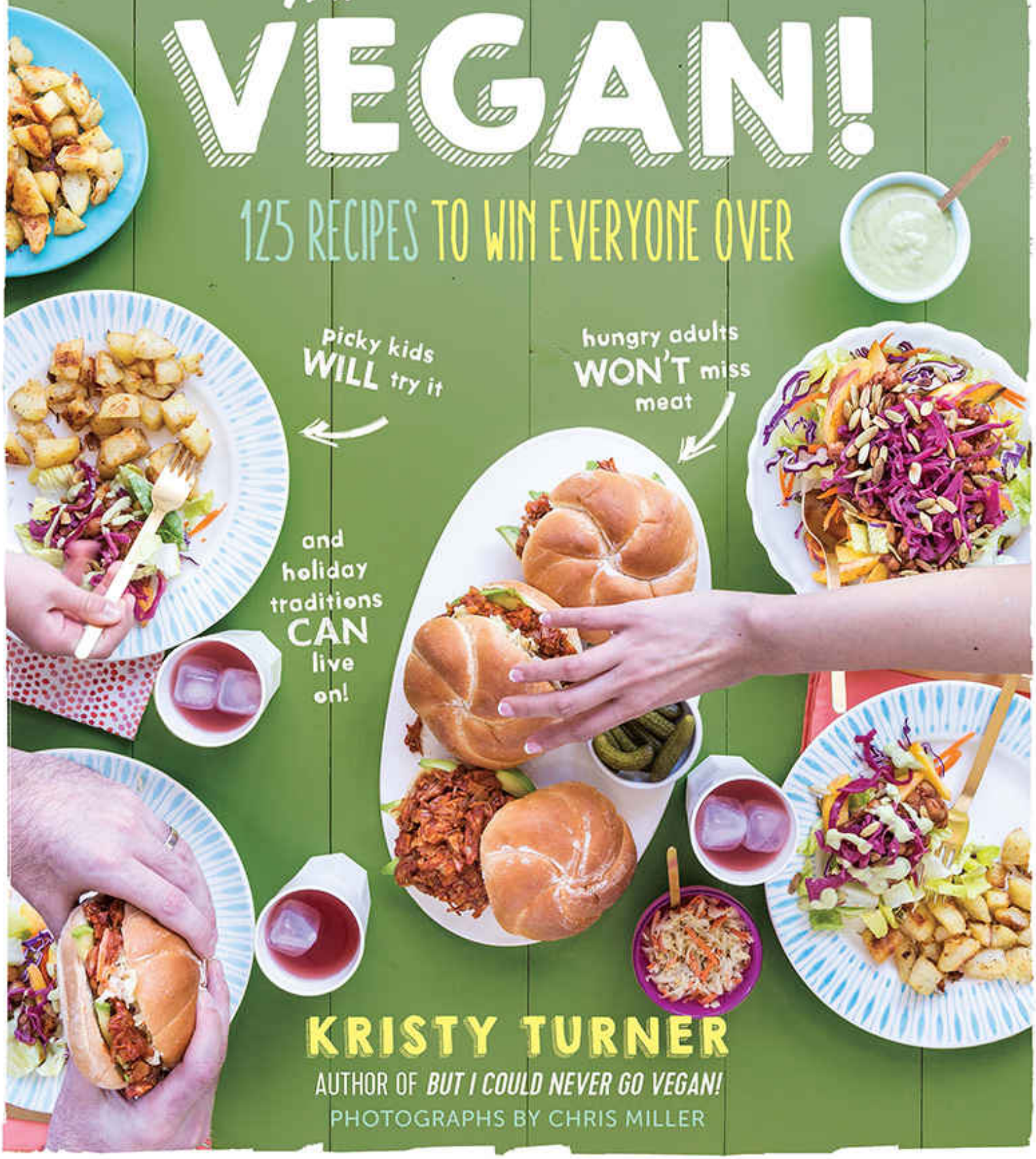
"If you have a dilemma, Kristy has the answer!"—Angela Liddon, author of *The Oh She Glows Cookbook*

BUT MY FAMILY WOULD NEVER EAT VEGAN!

125 RECIPES TO WIN EVERYONE OVER



KRISTY TURNER
AUTHOR OF *BUT I COULD NEVER GO VEGAN!*
PHOTOGRAPHS BY CHRIS MILLER

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VEGAN!
125 RECIPES TO WIN EVERYONE OVER
Picky kids WILL try it
hungry adults WON'T miss meat
and holiday traditions CAN live on!
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BUT MY *FAMILY* WOULD NEVER EAT VEGAN!

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THE EXPERIMENT
NEW YORK

For my mother, Shirley Turner, who gave me my earliest memory in the kitchen: standing on a step stool, licking the chocolate cake batter off a mixing spoon

and

For my father, Donald Turner, who cooked all the other meals in our house that weren't chocolate cake (except when he made the chocolate cake, too)

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Introduction

So you're at the dinner table with your spouse, kids, and all of your extended family. The platter of turkey comes around to you and you decline. Silence falls over the table. People notice that the only things on your plate are the salad and roasted brussels sprouts. Finally Uncle John breaks the silence: "What's the matter? Why aren't ya goin' to eat the bird? We got some of the white meat that you like!"

You mumble, "I'm trying to be vegan."

You can see your aunts whispering to each other. A baby starts to cry. Your father shakes his head.

"Well, how are you going to get your protein? You're going to waste away if you just eat what you have there on your plate!" Uncle David chimes in.

"Do you not like my cooking anymore? I thought you liked my turkey?" Grandma asks.

"Maybe you'd like some ham?" your mother suggests, while beckoning to your brother to pass the ham.

"Well, that leaves more for me!" Uncle John jokes. He grabs a turkey leg and takes a big bite. "Mmmmmmm! This is so good! Gramma, this is your best turkey yet! Mmmmmmm. You don't know what you're missin'!" Several people (including your kids) laugh. A couple of your cousins join in.

"I guess you can't have these buttermilk biscuits either! Or this bacon gravy! MmmmmmMMMM!" one says. Another waves his forkful of mac and cheese in front of your face before taking a big, dramatic bite. "Mmmmmm—so good!" More laughter. You notice that your spouse is avoiding eye contact while taking a bite of ham.

Your cousin Beth leans over to tell you that she only eats local, humanely raised, antibiotic-free, GMO-free meat. And she tries not to eat dairy but she just can't give up cheese. "But I don't like to make a scene so I just eat whatever's being served at family events." You wish she could be more obvious with her opinions.

You can feel all the blood rushing to your head and you want to tell them how unhealthy meat is and how badly animals are treated on factory farms, and speaking of which, those massive farms are destroying our planet . . . but that response will only provoke them and draw more attention to you. You want to leave the table, but know you'll be teased about that forever. You want to scream, "I'm not saying anything about what you choose to eat, so just shut up!" but that will just make them angry. You wish you could think of some clever remark, but unfortunately you're not good under pressure. (You know you'll think of the perfect comeback later during the drive home.) Maybe you should just eat the turkey and get everyone to leave you alone. What do you do?

If you've ever toyed with the idea of giving up animal products, then it's likely that you've thought about the social implications of that choice: Will my friends still want to hang out

with me? What do I order at restaurants? And probably the biggest question: What will my family think?

Most of us spend a lot of time eating with our families, be it with our significant other and/or children, our parents and siblings, our extended families, even our in-laws. A lot of traditions are built on the meals that we share with our loved ones, and people can get emotional about these traditions. When you mess with traditions, people are bound to have a reaction, and oftentimes that reaction is not positive. If you choose to follow a plant-based diet and no longer eat the traditional meals, or serve up something different for dinner, it's understandable that your family will have some feelings about it. Your spouse is going to be a little upset that you're no longer cooking their favorite steak dinner. It's hard enough getting your kids to eat vegetables—how are you supposed to take away the meat and cheese (the only thing you can get them to eat!)? Your grandma's feeling are going to be hurt when you no longer want to eat that dairy-laden sweet potato casserole she's made just for you every year. Everyone is going to have questions. And the rest of those jokesters you call family are going to turn your environmental/ethical/health choice into the butt of their jokes for years to come. It's a pretty overwhelming situation to face.

My husband, Chris, and I went vegan in September, just before all of the fun family holidays with food-related get-togethers. Come Thanksgiving of that year, we were still trying to find our bearings as vegans. I was still feeling my way around my new vegan kitchen, and every meal required following a recipe. The thought of doing Thanksgiving while still unsure in my own cooking and having to prepare and bring all of our own food, dealing with many people's questions and jokes, and having to explain ourselves over and over again was giving me terrifying stress nightmares. Combined with the fact that I actually had to work on the day after Thanksgiving, we opted to stay home and practice our holiday cooking by ourselves.

By Christmas, we were more prepared emotionally. Our families were more prepared as well. They'd already heard the news by then and planned accordingly . . . sort of. My husband's family called to check ingredients with us so they could make vegan mashed potatoes. I brought food that they ate and enjoyed. They asked questions about veganism so they could understand it better. We had conversations about our choice to live a vegan lifestyle and nobody felt threatened. I think there may have been one joke from my father-in-law, but considering the situation, that was pretty good.

Now, I love my own family to death, but I think the only preparation they did was to look up the definition of veganism (and judging by the questions we got, even that's iffy). We only had one family member who would try our food—mostly we got a lot of scrunched-up noses and behavior similar to what you would find in people trying to avoid the plague. There were jokes. There were snide remarks. There was eye rolling. Feeling defensive, I may have gotten heated (and, if I'm being honest, probably a little preachy) a couple of times trying to explain why we were vegan. We had to warm our food after everyone else was done in the kitchen, and by the time we got to sit down, almost everyone was done with their meal.

Afterward, it took me some time to be able to understand that my family didn't know how to react to our choice to be vegan. By bringing our own food, it seemed that we were rejecting the traditional dishes that were part of our family gatherings. They may have thought we were judging them and what they choose to eat. They made jokes because they were uncomfortable.

My immediate family also had to go through a change closer to home. Chris has two children, Maxwell and Sophia, who live with us on the weekends. Both of them were okay with the idea of being vegan on the weekends, and Sophia soon became vegetarian during the week as well. However, they were picky eaters to begin with, and when their food choices were limited even further, it definitely made things trickier. We found meals they liked and stuck with those, even if it meant they were eating the same things every weekend. As they got older and their taste buds matured, we were able to introduce them to a wider variety of foods. It's still trial and error, but with many fewer errors these days.

Over the years, things have gotten somewhat easier when visiting family. It helps that I was blessed with the best in-laws a person could ask for. Chris' mother keeps her fridge stocked with almond milk and vegan butter and hummus and other snacks and staples we might need while we're there. She's become a label-reading ninja. My sister-in-law has since gone vegan and is, of course, very supportive. The whole family tries to be accommodating and makes things vegan when they can, just so we'll be included. Chris even has a cousin who always makes sure that we have at least one vegan option (but usually more) for the main meal and one vegan dessert. We typically just have to bring one dish to share with everyone and we're set. In fact, the gravy * I brought to my very first family dinner as a vegan went over so well it's mandatory that I bring it every year. And they always make vegan mashed potatoes to go with it.

With my own family, the change is coming about more slowly. We still have to bring our own food, but my family is more open to trying it. Especially the desserts. Everybody understands our choice, so no one questions it anymore. There are jokes, but it's easier for me to let them pass. They came and supported me at one of the signings for my first book, which meant a lot. It showed that even though we don't live the same lifestyle, they still love me and they're okay with my choice.

What I've learned through all of this is that it is 100 percent possible for vegans and vegetarians and omnivores and all the other dietary categories to sit at the table together and eat in peace. If you want to be vegan, yes, there will be an adjustment period. You and your family will have to figure out how to coexist with different eating habits. The only way to make this work, though, is for you to get an attitude adjustment. Yes, you read that right. I'm looking at *you* .

The first thing you need to realize is that this is *your* life (I know that's a shocker). If you want to be vegan, be it for health reasons, environmental reasons, ethical reasons, or just to piss off your mom, you can do it. Yes, it may affect the people you live with. It may affect your family. But you're all family. You can work this out. It's possible to live in accordance with your beliefs even if they're different from those of your family.

The next concept you need to embrace is that you can catch more flies with maple syrup. I had to learn to stop losing my cool whenever a family member questioned my ethics. If my cousin and I don't see eye to eye on how terrible the dairy industry is, I don't need to stand on my chair and cry and threaten to set the house on fire. I know that now. I can just smile and say, "Well, that's how I feel and that's why I don't eat frozen yogurt anymore." I now know that being a shiny, positive, happy, healthy example of the vegan lifestyle is more likely to help my family be accepting of my choice. They like seeing me healthy and happy. Just like the lady in the deli in *When Harry Met Sally* , after seeing how much Sally was

enjoying her lunch, they'll be more open to having what I'm having. Plus, if I bring tasty food to share, they're going to be even more open to it. (It can work for you, too. That's where this book comes in. Good job on picking it up!).

Another thing to remember is what's at the foundation of your family's traditions. If your family has a weekly pizza night, your family probably loves it because you all get together, talk, laugh, and maybe watch a movie. It's probably not just because you're all a bunch of crazy pizza monsters. If your family gets together every Thanksgiving, it's probably to join together with your loved ones and give thanks for all that you've been blessed with. People get pretty excited about the turkey and pumpkin pie, but when it comes down to it, if you bring a vegan pumpkin pie (or Marbled Pumpkin Cheesecake) and eat some tempeh while they eat the turkey, the world is not going to come crashing down. You're still going to be hanging with the family and giving thanks. You might even create some new traditions along the way (Thank you, gravy!!!).

One thing to keep in mind (and to remind your family members) is that your vegan version is not going to taste like chicken (or whatever food they like and/or are expecting). Mostly because it's not chicken. *That's the whole point.* It's going to taste different, but that doesn't mean it's not going to taste amazing.

Finally, here is the most important thing I want you to take away from this book, and I want you to say it out loud with me: It is not my duty to make my family go vegan! That's why the title of the book is *But My Family Would Never Eat Vegan!* If you try to *make* your family go vegan, you're going to encounter more resistance than you can handle. Things are going to get tense at the dinner table. If any of your family members decide to go vegan, they need to do that in their own time, without any pressure from you. If they never decide to go vegan, that's fine, too. And *you* need to be fine with it. It's their life, their journey, and all you can do is be a bright, happy, healthy role model for them (see a few paragraphs above). When I decided to go vegan, I'd already been vegetarian for several years prior. I knew about veganism, and it seemed crazy and extreme to me. I just needed the right turn of events at just the right time for me to change my mind and change my life. If somebody had been pressuring me prior to that, I likely would've pushed against it even more and I probably wouldn't be writing this book right now.

So give your family a break. Show some compassion to them as they try to figure out how to live with you and your new diet. Be happy, answer their questions as politely and

positively as possible, and let their jokes and attitude roll right off your back. Their hostility is not directed at you; it's merely their own insecurities and fear of losing the family's traditions bubbling up. Now let's show them how amazing vegan food can be and how everyone can enjoy sitting at the table, eating a meal together in peace!

I got this book. Now what?

First of all, thank you so much for bringing this book home. And if you're thinking, *I didn't buy this book—someone gave it to me* , then send the gifter my personal thanks. Secondly, congrats on choosing to prepare a vegan meal for your family! I know this was a big decision and I'm excited to help you out!

Now . . . what recipe to choose? This book isn't categorized like most cookbooks, as you may have noticed. Instead of being organized according to the type of meal, it's organized according to excuses or doubts your family may have about eating vegan food, and also by various types of family get-togethers. There are chapters for your chicken-wing-loving spouse, your kids, your doubtful in-laws, your sandwich lovers, your baked-good addicts, summer barbecues, holiday meals, and everyone and everything in between. All you need to do is search based on the people you're feeding or whatever the occasion is.

You may notice the little icons at the top of each recipe. Those are there to give you a bit of info about the recipe, if it is gluten-free, nut-free, and/or soy-free. Icons also tell you that by using the alternative ingredient(s) suggested, you can make the dish gluten-free, nut-free, or soy-free. For example, the GF icon tells you that the recipe is gluten-free as is, and GFO means it has a gluten-free option (*spoiler alert:* Every recipe is gluten-free or has a gluten-free option). So if you are looking for nut-free or soy-free recipes, pay special attention to the suggested ingredient replacements for the recipes with those icons. Here's what they all mean.

GF Gluten-free

GFO Gluten-free option (you can make it gluten-free with switches)

NF Nut-free (no tree nuts)

Nut-free option (you can make it nut-free with switches)

Soy-free

Soy-free option (you can make it soy-free with switches)

Plan ahead. This recipe may require some advance preparations.

To-go. This recipe would make a great lunch option or good leftovers.

Now it’s time to just get your butt in the kitchen. Your family is getting hungry!

I don’t want to be one of “those” vegans who uses all sorts of weird ingredients!

When I went vegan, I actually said those words. Many times. I would come across recipes that called for things that I didn’t have in my kitchen and I would sigh in frustration, refusing to let my kitchen be overrun with crazy ingredients I’d never heard of before, just in the name of vegan cooking. Preposterous! Then there was one recipe that looked *really, really, really good* . But it called for liquid aminos. So I bought a small bottle. Because I *needed* to eat this dish. Low and behold—that liquid amino stuff wasn’t so bad! Actually, it was pretty great! I started adding a squirt here or there until soon I needed a new bottle. Then I decided to give nutritional yeast a try, and the rest is history. Now I can’t wait to try new (to me) ingredients. Moral of the story: Just because you’ve never heard of an ingredient before doesn’t mean that it’s weird or that you should shun it. It just means that it’s waiting for you to try it!

With that said, the majority of the ingredients we vegans use are things you’ve probably already tried and most likely already eat on a regular basis. Here are some of the ingredients you should keep in your kitchen (if they’re not already there) to make the recipes in this book.

Beans & Lentils

Beans and lentils are my most favorite way to work protein into my diet, and they have starring roles in many of my dishes. There are billions of ways to get creative with them so you don’t get bored. It’s good to always keep BPA-free cans of organic beans in your pantry so you can pull together a meal on a whim, but if you have the gift of forethought and advanced

planning, dried beans are extremely easy to prepare (see H ow to Cook Dried Beans).

TOFU, SILKEN TOFU— Who knew a soybean could be so versatile! Tofu can be used in a variety of ways, from working as an egg substitute to forming rich, creamy sauces. It can even be eaten on its own! Go figure! It soaks up flavors like a sponge, and if you think you don't like the texture of tofu, then you haven't had pressed tofu. Pressing it helps release all of the extra water so it has a firmer texture, and increases its flavor-absorbing potential by a ton (see H ow to Press Tofu).

How to
COOK DRIED BEANS

B efore cooking beans, soak them in a large bowl for at least 8 hours (in the fridge if longer than that), covered with an extra 2 to 3 inches (5 to 7.5 cm) water. Soaking them will help them cook faster. Plus, it will greatly reduce your chances of getting the toots later. (Yup, I just said "toots.") Once you've soaked them, rinse them thoroughly to remove any residue. Place them in a large pot and cover with about 1 inch (2.5 cm) water—roughly 3 to 4 cups (720 to 960 ml) water per 1 cup (200 g) beans. If desired, add a whole onion (outer layers peeled), a couple of garlic cloves, and a couple of bay leaves. Bring the water to a boil and, once boiling, reduce to a simmer. Simmer until the beans are tender. You can also cook beans in a slow cooker or a pressure cooker, if you have one. Here are approximate stovetop cooking times for some common beans (the time will vary depending on how old the beans are).

TYPE	COOKING TIME
Black beans	90 minutes
Black-eyed peas	60 minutes
Cannellini beans	90 minutes
Chickpeas	90 minutes
Fava beans	60 minutes
Great Northern beans	60 minutes
Kidney beans (red)	60 minutes
Navy beans	90 minutes
Pinto beans	120 minutes
Red beans	90 minutes

How to
COOK DRIED LENTILS & SPLIT PEAS

Spread out the lentils or split peas on a clean kitchen towel and pick out any shriveled or broken legumes, along with any stones or other debris. Rinse well. Bring a pot of water to a boil, 1½ cups (360 ml) water per 1 cup (200 g) lentils or peas. Add the lentils and reduce the heat to a simmer. Simmer until the lentils are tender. You can also add dried lentils or split peas to soups or stews, as long as there is at least 1½ cups (360 ml) liquid per 1 cup (200 g) lentils or peas. Here are approximate cooking times for some common lentils and split peas.

TYPE	COOKING TIME
French (Puy) lentils	30 minutes
Red lentils	20 minutes
Split peas	45 minutes
Standard green or brown lentils	30 minutes
Yellow lentils	30 minutes

How to
PRESS TOFU

Lay a clean kitchen towel on a plate. Remove the block of firm or extra firm tofu from its package and gently squeeze out the excess water. Place the tofu on the towel and place another clean kitchen towel on top of the tofu. Place the heaviest book you have (or a cast-iron skillet or large pot) on top of the tofu, and place two or three cans of food on the book. Let the tofu sit for at least 30 minutes or up to 24 hours. (Refrigerate if pressing for longer than a couple of hours.)

For those who stay away from soy, there are now soy-free varieties on the market! Look for hemp tofu or Burmese tofu, which is made from chickpeas.

TEMPEH— Tempeh is made from fermented soybeans and is a great way to add a meaty protein to your dish. Unless you hate your taste buds and want to play an awful trick on them, don't try eating tempeh without cooking it. To remove the bitterness, it's best to marinate or steam it, then cook it in a flavorful sauce. For those concerned about

soy, there are soy-free versions of tempeh, such as black bean tempeh, on the market, though they may require more of a search.

AQUAFABA— This fun-to-say word is the name for the cooking liquid for beans and legumes and the liquid found in cans of beans. Why is it worth mentioning? Well, this thick liquid, with its combination of starches, proteins, and other plant-based solids, is a perfect replacement for egg whites in a multitude of recipes. It can be used to make meringues, macarons, mayonnaise, cheese, and many baked goods. In this book, you'll see it mostly used as an egg replacement in baking. Any leftover aquafaba can be refrigerated in an airtight container for up to a week or frozen for a couple of months.

Nuts & Seeds

NUTS— Nuts are a vegan's best friend. Cashews in particular make the most amazing creamy sauces, cheese sauces, and spreads. The Basic Cashew Cheese Sauce is a staple that you'll be using throughout the book. Adding a handful of nuts to any dish is a great way to add flavor, texture, and a dose of healthy fats. I keep an assortment of nuts on hand at all times for snacking and cooking. I like to keep them refrigerated to preserve their freshness. In order to make extra creamy nut spreads and sauces, you may need to soak your nuts before using them (it will be noted in the recipe). To soak, just place the nuts in a bowl and cover with water, leaving an extra inch (2.5 cm) of water over the nuts. Let them soak for at least 1 hour (or as instructed) for best results. Drain before using.

SEEDS— If nuts are a vegan's best friend, seeds are their favorite work buddy that they sometimes hang . . . ugh. Even I'm bored with this metaphor. Seeds are just awesome. Like nuts, they can add texture and healthy fats to a dish; for those who are allergic to nuts, seeds are usually a welcome alternative. I like to add hemp seeds to my morning smoothie, switch sunflower seeds for cashews in creamy sauces, and make Pepita Parmesan with pepitas (pumpkin seeds) pretty much all the dang time.

NUT AND SEED BUTTERS— Peanuts aren't the only ones who get to shine in butter form these days. Almonds, cashews, hazelnuts, pecans—all can be blended into a creamy butter. And for those with nut allergies, sunflower seeds make a great butter as well! All you have to do is place them in a high-speed blender and blend until smooth and creamy. Bam! Now you have the world at your fingertips.

TAHINI— Sesame seeds blended into a creamy, buttery concoction: That's what tahini is. It's not always gluten-free, so be sure to double-check, if necessary. It's a must-have for hummus, but my Lemon Tahini Sauce will have you stocking up on the stuff by the gallon.

Grains

If you're looking to add bulk, flavor, texture, tons of nutritional value, and just plain deliciousness to your meal, then grains are your new best friend. They're super versatile to boot. My recipes often call for cooked grains, so see How to Cook Grains for the best way to prepare them (unless otherwise specified in the recipe).

Flour Power

Flour isn't just for baking anymore! Okay, it's still primarily used for baking, but there are tons of other uses for flour. Okay, not literally tons, but it can be used in a variety of ways, making it a very smart thing to keep in your pantry. Here are some of the main flours I use in this book (organized by frequency of use).

How to
MEASURE FLOUR

It's best to spoon flour into your measuring cup, then use the back of a butter knife to level it off. If you scoop your flour with the measuring cup, it may be too packed and may not yield desirable results. I like to measure flour over a sheet of parchment paper so I can just pick up the paper and funnel any flour that missed the cup back into the storage container.

UNBLEACHED ALL-PURPOSE FLOUR— A flour for every purpose? Count me in! It's good to keep this in your cupboard at all times, although I'm sure it's probably already there.

GLUTEN-FREE FLOUR BLEND— If you or a family member can't have gluten, you may already be familiar with the fact that when replacing regular, gluten-containing all-purpose flour, you need to use a combination of flours to achieve similar results. Figuring out the right ratio of different flours can be tricky, so luckily there are several gluten-free flour blends on the market. You need to read the ingredients carefully, as some contain dairy and/or egg. My favorite blend is Bob's Red Mill Gluten-Free 1-to-1 Baking Flour. I've found that in most cases I can use it at a 1:1 ratio in recipes calling for all-purpose flour and achieve wonderful results. Of course, you can make your own blend (there are many recipes out there). In some recipes, I will call for a specific blend of flours, rather than a premade blend.

RICE FLOURS— Rice flours are made from finely grinding rice. Brown rice flour is made from brown rice (surprise, surprise!) and sweet white rice flour is made from sticky, short-grain white rice. Despite its name, sweet white rice flour is not sweet, but it is starchier and holds together well in baked goods (especially when combined with other flours). It has a very fine, lightweight texture. Brown rice flour has a richer, nuttier taste, but it's also slightly heavier, and some brands can be a little gritty. I keep both in my kitchen and use them frequently.

OAT FLOUR— Oat flour is surprisingly easy to find in stores these days. Or you can make it simply by grinding whole oats in a blender until as fine as, well, flour. If you need it to be gluten-free, be sure to purchase a brand that is certified gluten-free. Oat flour has a nice, neutral flavor. I use it in baking, to thicken sauces, and as a coating for baked and fried foods.

BUCKWHEAT FLOUR— Since buckwheat groats (aka kasha) are actually seeds, this flour is extremely nutritious, as well as gluten-free! It's a little heavier than most flours, so it's best to use it in combination with other flours.

ALMOND FLOUR— While this flour is easily made by grinding raw almonds into flour, it's becoming more and more common in stores. It's a heavier flour, but it adds a great nutty flavor and can also work as a binder in some baked goods.

CHICKPEA FLOUR— Also known as garbanzo bean flour, gram flour, or besan, this flour is made from ground-up dried chickpeas, and is very easy to find in stores. I've said on many occasions that this stuff is magic. It is a great binder and one of my favorite egg substitutes. And once cooked, it's delicious (take my word—you don't want to taste it before it's cooked).

CORNMEAL AND CORN FLOUR— Cornmeal comes in three grinds: coarse, medium, and fine. Corn flour is basically superfinely ground cornmeal. Whereas cornmeal can be on the gritty side (ideal for making that perfect crumb on your cornbread), corn flour is lighter weight and will yield a softer, fluffier result. Both have a great earthy, slightly sweet flavor. Corn flour may be tricky to locate but can usually be found in most health food stores and online. Neither cornmeal or corn flour is the same thing as masa harina, which I don't use in this book at all.

STARCHES— Tapioca powder, potato starch, arrowroot powder, and cornstarch are just a few of the starches that make up this group. They're all ultrafine, highly starchy flours/powders that are great thickening and binding agents. Though I keep all four of the mentioned starches in my kitchen, I use cornstarch and arrowroot (the only one that is practically flavorless) most regularly.

XANTHAN GUM— When combined with a liquid, xanthan gum becomes very thick and binding. It's produced by combining a certain bacterium with carbohydrates (usually from corn). While not technically a flour, xanthan gum is often used in combinations of gluten-free flours to bind and thicken in much the same way that gluten would. I mention it here because if you're doing gluten-free baking and the flour blend you're using already contains xantham gum, you won't need to add it.

Something Sweet

VEGAN SUGAR— You may be wondering "Wait, what part of sugar isn't vegan?" The truth is that most sugar is refined through bone char (animal bones). Yuck. So you'll want to stick to organic sugar, preferably certified vegan. Same goes for brown sugar.

How to
COOK GRAINS

TYPE (1 CUP)	GLUTEN-FREE	LIQUID PER 1 CUP	COOKING METHOD
AMARANTH (195 g)	Yes	3 cups (720 ml)	Combine the amaranth and water in a medium pot. Bring to a boil, then reduce the heat to low, cover, and simmer until all the water has been absorbed, about 25 minutes. Remove from the heat and let rest, covered, for 10 minutes. Use a fork to fluff the grains. Add salt to taste if desired.
BARLEY (200 g)	Yes	3½ cups (840 ml)	Bring the water to a boil, then add the barley. Reduce the heat to low, cover, and simmer for 60 minutes. Drain off excess water. Add salt to taste if desired.
BROWN RICE (190 g)	Yes	1½ to 2 cups (360 to 480 ml)	Rinse the rice in a fine-mesh strainer until the water runs clear. Bring the water to a boil, then add the rice and ¼ teaspoon salt. Return to a boil, reduce the heat to low, and cover. Simmer for 45 minutes, or until the rice is tender. Drain off excess water. Return the rice to the pot and let rest, covered, for 5 minutes.
FARRO, PEARLED (180 g)	No	2½ cups (600 ml)	Rinse the farro in a fine-mesh strainer for a minute. Combine the farro with the water in a medium pot and bring to a boil. Stir, then reduce the heat to low. Simmer for 15 to 20 minutes, until the grains are tender. Drain off excess water. Add salt to taste if desired.

TYPE (1 CUP)	GLUTEN-FREE	LIQUID PER 1 CUP	COOKING METHOD
FORBIDDEN RICE (black rice) (180 g)	Yes	2 cups (480 ml)	Rinse the rice in a fine-mesh strainer until the water runs clear. Bring the water to a boil, then add the rice and ¼ teaspoon salt. Return to a boil, reduce the heat to low, and cover. Simmer for 30 minutes, or until the rice is tender. Drain off excess water. Return the rice to the pot, cover, and let rest for 5 minutes.
MILLET (200 g)	Yes	2 cups (480 ml)	For deeper flavor, toast the millet first in a dry medium pot for 3 to 5 minutes, until lightly brown and fragrant. Add the water and bring to a boil. Reduce the heat to low. Cover and simmer for 20 to 35 minutes, until tender. Remove from the heat, fluff with a fork, and let rest, covered, for about 10 minutes. Add salt to taste if desired.
OATS, ROLLED (95 g)	No (purchase certified gluten-free if necessary)	2 cups (480 ml)	Combine the oats and water in a medium pot and bring to a boil over medium heat. Reduce the heat to medium-low and simmer, uncovered, for 10 to 15 minutes, until thickened. Serve immediately.
POLENTA (140 g)	No (purchase certified gluten-free if necessary)	4 cups (960 ml)	Bring the water to a boil. Add 1 teaspoon salt, reduce the heat to medium-low, and slowly stir in the polenta. Keep stirring until thickened and the grains no longer settle to the bottom, about 8 minutes. Cook uncovered, stirring occasionally, for 25 to 30 minutes more, until thick and creamy. Add 1 tablespoon vegan butter, if desired. Serve immediately.
QUINOA (170 g)	Yes	2 cups (480 ml)	Rinse the quinoa in a fine-mesh strainer until the water runs clear. Combine with the water in a medium pot, bring to a boil, then reduce the heat. Cover and simmer for 15 to 20 minutes, until the water has been absorbed. Remove from the heat and let rest, covered, for 10 minutes. Uncover and fluff with a fork. Add salt to taste if desired.
WILD RICE (160 g)	Yes	3 cups (720 ml)	Rinse the rice in a fine-mesh strainer until the water runs clear. Bring the water to a boil, then add the rice and ¼ teaspoon salt. Return to a boil, then reduce the heat to low and cover. Simmer for 45 minutes, or until

TYPE (1 CUP)	GLUTEN-FREE	LIQUID PER 1 CUP	COOKING METHOD
			the rice is tender. Drain off excess water. Return the rice to the pot and let rest, covered, for 5 minutes.

POWDERED SUGAR— Also known as confectioner's sugar. Since it's just sugar in powdered form, you're going to want to find an organic, certified vegan version. If you're watching your sugar intake, you can also use powdered xylitol or erythritol, which can be made by running xylitol or erythritol in a blender until it's a powder. (Make sure the blender is super dry first—one drop of water can foil your plans.)

COCONUT SUGAR— This is my favorite dry sweetener. It is has a low glycemic index, so it doesn't affect your blood sugar as much as regular sugar, and the flavor is really nice. I prefer to use it in place of sugar or brown sugar in almost all recipes.

LIQUID SWEETENERS— Maple syrup is my go-to liquid sweetener, but agave syrup also works. In some cases, coconut nectar, molasses, or brown rice syrup may also work.

DATES— I like to call them "wonder nuggets." Actually, this is the first time I've ever used that term, but it definitely applies. These guys are a great way to add a healthy, natural sweet flavor to your foods. You can blend them with water or nondairy milk to make a thick date syrup, and with the addition of salt, you've got an excellent caramel replacement. They're also good when ground with nuts to make stupidly awesome pie and tart crusts. They make wonderful snacks, too: If you have some on hand, put this book down, cut one open, remove the pit, spread a little peanut butter in the center, and eat it. You won't regret it.

BLACKSTRAP MOLASSES— This thick, very dark brown molasses has a really strong flavor. A little bit goes a long way, but it's great for adding flavor to sauces or drizzling in your oatmeal. Plus, this stuff is

extremely nutrient dense, especially in its iron content. Just 2 tablespoons contains about 13 percent of your recommended daily dose of iron!

Vinegars, Oils, Condiments & Other Flavor Makers

Just like the rest of humanity, vegans like to eat tasty food. In order to make our food the tastiest, we use a variety of ingredients to help bring flavor and depth to our meals. What's cool is that aside from one or two of these items, all of these ingredients could be found in anyone's kitchen, vegan or not.

VINEGARS— If you're looking to add some acidity to your dish, you may want to reach for a bottle of vinegar. I have a vinegar obsession, so my cupboard is packed with balsamic vinegar, red and white wine vinegars, Champagne vinegar, apple cider vinegar, unseasoned rice vinegar, brown rice vinegar, and several others. They all make excellent additions to sauces and dressings, and apple cider vinegar is great for baking. You can make a great buttermilk substitute by adding 1 teaspoon apple cider vinegar to 1 cup nondairy milk and letting it rest. Also, if you add 1 tablespoon apple cider vinegar to your wet ingredients and 1 teaspoon baking soda to your dry ingredients, they react to leaven the baked good, acting as an egg substitute. Thank you, Science! If you are concerned about gluten, keep in mind that some vinegars are made from wheat, rye, or barley (such as white distilled vinegar) and should be avoided.

EXTRA VIRGIN OLIVE OIL— A tiny bit of extra virgin olive oil is used in many of the recipes in this book, so it's definitely something you should plan on stocking in your kitchen if it's not already there. *Extra virgin* means the oil comes from the first pressing of the olives, and it tends to be the purest form of olive oil. You should also splurge on a less acidic brand, preferably one that's organic.

COCONUT OIL— Coconut oil can be used in a variety of ways, making it something you definitely want to have on hand. It can be a great substitute for butter (dairy or vegan) and adds a nice subtle flavor to

everything you cook it with. If you're leery of the coconut flavor, opt for refined coconut oil, which is milder.

SUNFLOWER OIL— Sunflower oil is a good neutral oil to have on hand, as it's great for both baking and frying. Grapeseed oil is an awesome alternative.

SESAME OIL— Sesame oil has a pretty bold flavor that works well when added to a sauce or dressing, and I also like to cook with it. For some extra sesame oomph, go for toasted sesame oil.

OLIVE OIL SPRAY— Do yourself a favor: Purchase an oil spray bottle and fill it with olive oil. Now you can spray it on vegetables before you roast them or use it to quickly grease a baking dish before you fill it. It will help evenly distribute the oil and you'll use less than you would if you added oil straight up. It's convenient and healthier. Win and win.

COOKING SPRAY— Although I try to limit the use of aerosol cans, I do use cooking spray (usually coconut oil) when I need to grease a baking dish with something more neutrally flavored than olive oil (like desserts, for example). Try to choose one that is 100 percent oil or has very few additional ingredients.

LIQUID AMINOS— Liquid aminos are basically highly concentrated amino acids in liquid form, usually derived from soybeans. They taste very similar to soy sauce. For a soy-free version, you can use coconut aminos.

TAMARI— Tamari is a specific type of soy sauce that generally contains little to no wheat and has a bolder flavor than standard soy sauce. You can often find certified gluten-free versions, if needed. Standard soy sauce has a higher wheat content and a mellower flavor and can definitely be used as a substitute for tamari or liquid aminos if desired. While I usually prefer the flavor of liquid aminos, tamari or soy sauce can generally be used instead.

VEGAN WORCESTERSHIRE SAUCE— All the great flavor of Worcestershire sauce, minus the fermented anchovies. Hooray! For those avoiding soy, look for versions without soy sauce.

LIQUID SMOKE— If you're one of those people who goes crazy when you see the word "smoked" or "smoky" to describe food, then you need this ingredient. Smoke from burning wood is collected and turned into solids that are then dissolved in water. You can add this to anything you want to add your beloved smoky flavor to. Be sure to search for an MSG-free brand, such as Colgin.

BARBECUE SAUCE— I typically prefer to make a big batch of my own barbecue sauce and drink it for every meal . . . I mean, um, use it on my food. Yeah. On my food. I shared my most favorite recipe in my first book, *But I Could Never Go Vegan!* . If life gets in the way, though, and you need to buy a bottle from the store, don't fret. I won't judge you. We all just need to get our barbecue sauce any way we can. Be sure to always double-check the ingredients to make sure they didn't sneak in some kind of dairy (you'd be surprised), and you want one that isn't sweetened with honey. It's also better to choose organic to make sure the sweetener used is vegan.

KETCHUP— For all the veggie burgers and fries you're going to be serving up for your family, you're going to want to have some ketchup on hand. Choose organic for higher-quality tomatoes and look for one with a more natural sweetener (agave syrup rather than corn syrup).

MUSTARD— See ketchup, above, for the reason why you need mustard. It also helps make terrific dressings and sauces. I stock plain yellow mustard, Dijon mustard, and whole-grain mustard because I'm a crazy mustard lover, but it's a matter of preference. Get what you like.

SRIRACHA— Sriracha is a hot sauce made of chiles, vinegar, garlic, sugar, and salt. It tastes ahhhhhh-mazing! Choose a brand that doesn't use anchovies or fish extract (I like Huy Fong Foods and Organicville). Use it anywhere you would use hot sauce.

MISO— This is an ingredient I didn't buy until I went vegan and then regretted not getting sooner. It's basically fermented soybean paste, and it adds big umami flavor to anything you use it in. A little goes a long way. It's a major player in the Basic Cashew Cheese Sauce . There is chickpea miso available for those who don't do soy.

NUTRITIONAL YEAST— THE NOOCH! Cheesy, nutty umami flavor in the form of yellow, flaky inactive yeast. One try and you're going to want to add it to everything. And for those of you who don't like adding it to everything, I've listed it as an optional ingredient wherever possible.

SALT— If you don't already have this in your kitchen, you have some work to do. Your kitchen, and more specifically your cooking, needs salt. If you can, choose unbleached salt, and if you're fancy, add Himalayan salt, flaked sea salt, and/or black salt (known as *kala namak* , this salt has a sulfur taste very reminiscent of cooked eggs, making it a must-have for tofu scrambles and other vegan "eggy" dishes).

The Spice Rack

The next step to adding flavor to foods is via herbs and spices. When you walk into a house and it smells wonderful, it's usually because of the herbs or spices being used in the cooking. Want to get that same reaction when you serve someone food? Here's what you need.

MUST-HAVE DRIED HERBS— Thyme, basil, oregano, parsley, rosemary, sage, dill, marjoram, tarragon, bay leaves

MUST-HAVE SPICES— Black pepper, garlic powder, onion powder, cumin, paprika (smoked and regular), ancho chile powder, chili powder, cayenne pepper, red pepper flakes, coriander, cinnamon, ginger, nutmeg, cloves, allspice, cardamom, Old Bay Seasoning, garam masala, curry powder, turmeric, mustard seeds and powder, celery seeds, fennel seeds, caraway seeds, kelp granules

Cans & Jars

Fresh is best, but it's not always the easiest or most convenient. Sometimes, canned or jarred food is the best option. Here are some of my go-to's.

TOMATO PRODUCTS— Recipes in this book often call for canned tomatoes, tomato sauce, and tomato paste. Look for organic, no-salt-added versions, preferably in BPA-free cans.

CANNED GREEN CHILES— Canned green chiles are my secret to quickly and inexpensively adding some bold flavor and a tiny bit of heat to my cooking. Most recipes call for diced green chiles, but my Lazy Vegan Chile Relleno Casserole calls for whole chiles.

JACKFRUIT— If you hadn't guessed by the name, jackfruit is a fruit. In its young, unripe form, it can easily be shredded so that it has the same texture as pulled meat, and it readily absorbs whatever flavor you cook it with. This makes it a great vegan meat substitute, as you'll find with the Jackfruit Carnitas Burrito Bowl . It can be found at most Asian or ethnic markets, though you can also order it online. Be sure to purchase jackfruit packed in brine or water, not syrup.

ARTICHOKE HEARTS— Aside from tasting amazing tossed in a salad, grilled on skewers, or starring opposite spinach in a classic dip, artichoke hearts, when roughly chopped, make for a great fish substitute as seen in the Not-Tuna Casserole and the Fillet o' Chickpea Sandwich . They're used often in this book, and buying the canned or jarred variety will make your life a lot easier. If you're partial to frozen artichokes, those will work as well.

HEARTS OF PALM— I'm not even sure how you would purchase this delightful ingredient if they weren't packed in cans or jars. Just be sure to stock up—you're going to love them in the Avocado & Hearts of Palm Tea Sandwiches .

OLIVES & CAPERS— Both these guys are a great way to add a burst of flavor to any dish, and the olives are a great source of healthy fats.

Vegan Staples

While it's totally possible to make all of these items (and I encourage you to try it at least once; there's a plethora of recipes on the Internet for each of them), sometimes you just don't have the time. It helps that there are many great store-bought options these days to choose from.

NONDAIRY MILK— When it comes to nondairy milk, you just have to try a few different ones until you find your favorite. There's so many to choose from: soy, almond, cashew, hazelnut, rice, oat, hemp, coconut, and the list goes on! My personal favorite is unsweetened, unflavored almond milk (though I like unsweetened vanilla almond milk for smoothies and desserts). There might be something out there that works better for you, though.

VEGAN BUTTER— Vegan butter can replace dairy butter in an even trade-out and no one will be the wiser. Seriously, this stuff is so on point that no one will realize that it's not dairy. There are soy-free varieties available, if needed. I prefer Earth Balance brand.

VEGAN CREAM CHEESE— When I began writing this book, I was going to include a recipe for vegan cream cheese. And I thought I came up with a suitable recipe. Then Kite Hill came out with their own cream cheese and I bought some to try—for book research, of course. I was so blown away that I couldn't share my recipe in good conscience and honestly expect people to like it more than Kite Hill's version. Heck, *I* liked Kite Hill's better! So I recommend Kite Hill cream cheese (if you hadn't guessed; also try the chive variety!), but if you can't find it, Daiya and Follow Your Heart have pretty good options as well.

VEGAN MAYONNAISE— I never liked mayonnaise until I went vegan. The vegan stuff is way better than the original (even if the FDA doesn't believe there's such thing as a vegan mayonnaise due to the fact that they think mayonnaise needs eggs—silly FDA) and I like to keep some on hand for sandwiches and various sauces and spreads. My current favorite is Just Mayo by Hampton Creek Foods (it's soy-free), although Vegenaise from Follow Your Heart is a close second. If you are concerned about soy, seek out one that doesn't use soybean oil.

VEGAN YOGURT— There is a huge variety of vegan yogurts on the market. They are usually made from soy milk, coconut milk, or almond milk and are available plain or with various flavors. Sometimes, you can even find unsweetened varieties that are great for cooking with, but if you're unable to find it, plain sweetened yogurt will usually work just fine.

My family won't be cool with me filling our kitchen with weird gadgets!

There's only one kitchen appliance that all vegans use that the rest of the world doesn't. The Veganizer 3000 works like a juicer, except that when you insert non-vegan ingredients (like cheese, eggs, bacon, and so on), vegan versions are magically pushed out. The secret is actually hard-to-find vegan fairy dust. It's amazing. But it's pretty pricey (four payments of $1,999, plus shipping and handling, *if you order right now!*) and it takes up a lot of room on your counter. For that reason, it's not a terribly popular appliance. And you won't be needing it for any recipe in this book. Other than that, vegans and omnivores use all the same stuff.

KNIVES & CUTTING BOARDS— A good set of knives is probably the most vital tool in your kitchen. You want to invest in a quality set that will last for years to come and won't fall apart in the middle of chopping. A knife should feel heavy, yet comfortable in your hand. Like it was meant to be there. And because it would be ridiculous, not to mention dangerous, to cut things directly on your countertop, please also have a few cutting boards on hand. Good, sturdy, well-maintained wooden or bamboo boards are the best, but it's also good to keep a couple of plastic ones on hand for when you're chopping things that will stain the wood (I'm looking at you, beets!).

SOME DARN GOOD SPATULAS— Recycle those plastic spatulas you bought at the dollar store that are already starting to melt at the end. They're useless. Get some sturdy metal ones that will scrape all the tasty bits off the pan, a few well-made silicone spatulas for scraping the last of the cake batter out of the bowl or the remnants of the hummus from your food processor, and a couple of flat wooden ones for everything else. Sure, you'll want a couple of spoons, too, and a ladle, but in general spatulas will be your weapons of choice.

POTS & PANS— We've all done it. We needed to cook and we only had a few bucks, so we bought those lightweight pans with the flimsy handles and weird nonstick coating on the inside. But a few months later, the handles are broken and the nonstick coating has scraped off into our food. Gross. Invest in some heavy-duty stainless-steel pots and pans. It's good to have a couple of saucepans (1½ and 3 quarts/1.5 and 3 L for starters), a wide saucepan, a couple of frying pans (preferably 8- and 10-inch/20 and 25 cm), and a large stockpot (about 8 quarts/8 L). I also recommend having a cast-iron skillet on hand. They're great for your basic sautéing and frying, and they can go directly into the oven to bake. They also add iron to your food—bonus! The maintenance sounds more difficult than it actually is and the payoff is pretty huge. I don't know why I waited so long to get mine.

BAKING PARAPHERNALIA— Try saying "paraphernalia" five times fast. Okay, now listen up: If you plan on doing any sort of baking, you're going to need some stuff to bake in. Let's start with a few rimmed baking sheets, baking dishes (9 × 13-inch/23 × 33 cm and 8 × 8-inch/20 × 20 cm to start), loaf pans, muffin tins, cake pans, and pie pans. If you like not having stuff stuck to your pans, parchment paper or silicone baking mats are good to have around, as are cupcake liners (for all of the muffins and cupcakes you're going to be making).

FOOD PROCESSOR— Aside from my knives, I use my food processor more than anything on this list. Whether I need a quick chop of ingredients, a dip, a spread, a puree, or even a pie crust, this dude gets it done. You want one that holds at least 7 cups/1.7 L and has cool attachments like a dough blade and a grater plate for quickly grating vegetables.

BLENDER— Investing in a high-speed blender changed my cooking forever. Sure, I use it daily for my breakfast smoothies, but what makes it a game changer is how smooth and silky it can get my soups, nut-based sauces and cheeses, and ice cream bases. My food processor only dreams of making food that smooth. A regular blender can work,

but you may have to soak nuts longer, chop ingredients into smaller pieces, and blend for longer.

IMMERSION BLENDER— If you like super creamy bisques and soups but don't want to deal with the fuss of transferring batches of soup to and from your blender, then you need an immersion blender. It's a blender in the form of a stick that you puree your soup with. It has a number of other uses, too—just read the instruction manual. Plus, it's very inexpensive and doesn't take up a lot of space like some other appliances I know.

MICROPLANE GRATER— I honestly don't remember how I grated ginger or zested oranges before I got a Microplane. It makes life so much easier! Get one!

MANDOLINE— Some recipes require you to slice things ridiculously thin. A mandoline makes that a simple task. I have the cheapest one I could find and it works like a charm. Just be sure to practice every safety precaution like using the safety handle, wearing cut-proof gloves and/or full-body armor, and paying close attention to the task at hand (this is not the task where you get to simultaneously watch that *Friends* rerun—sorry).

ICE CREAM MACHINE— Of course, this one's not vital, but it does make having homemade vegan ice cream a whole lot easier. It's not terribly expensive, but if money is an issue, you can always purchase a refurbished version or check Craigslist to see if someone is getting rid of theirs.

1

I don’t know what we’d do without so many of the staple ingredients we use every day!

VEGAN PANTRY STAPLES THAT YOUR FAMILY WILL BE WILLING TO USE

Have you ever gone to the grocery store only to find that they were out of one of your staple ingredients? Did you stand there, mouth agape, shaking your head, trying to figure out how you’re going to live without that one brand of salted caramel ice cream? For a moment, you thought your life was over . . . and then you just shrugged your shoulders and tried something new. Life went on. Your family barely noticed. That’s what you’re going to have to do when you go vegan. Just shrug your shoulders, toss out those animal-based staples in your kitchen, roll up your sleeves, and try something new. Trust me—you and your family will make it out of this alive.

IN THIS CHAPTER

Quick Bacon Crumbles

Basic Cashew Cheese Sauce

Pepita Parmesan

Pickled Red Cabbage & Onion Relish

Cream of Mushroom Soup

Avocado Ranch Dressing

Lemon Tahini Sauce

Quick Bacon Crumbles

MAKES 2 CUPS (480 ML)

Whenever you talk about vegan food or how much you love pigs, there will be at least one jokester who will say what seems to them to be the most clever and original of responses, "Mmmmm, bacon." It's inevitable. Your best response is "I love bacon, too! Mmmmm, tempeh/tofu/seitan/coconut/[insert plant-based food here] bacon." It's true—vegans also need their bacon fix, but we just use a more compassionate option. If you make slices of tempeh bacon, you need to marinate it first, but by making crumbles, you can cook them right away. You'll be saying "Mmmmm, bacon" in no time!

PREP TIME: 5 minutes
ACTIVE TIME: 30 minutes

One 8-ounce (225 g) package tempeh (soy-free if necessary)
¼ cup (60 ml) liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
¼ cup (60 ml) low-sodium vegetable broth
2 tablespoons olive oil
1 tablespoon liquid smoke
1 tablespoon maple syrup
½ teaspoon ground cumin
½ teaspoon garlic powder
Black pepper to taste

1. Line a plate with paper towels. Crumble the tempeh into small pieces and set aside.
2. Combine the liquid aminos, broth, 1 tablespoon of the olive oil, the liquid smoke, maple syrup, cumin, and garlic powder in a cup. Stir until combined.
3. Heat the remaining olive oil in a large frying pan, perferably cast iron, over medium heat. Add the tempeh crumbles and toss to coat in oil. Cook for about 1 minute, then add the sauce. Cook, stirring every few minutes, until the liquid has been absorbed and the tempeh is tender with a crispy exterior.
4. Transfer the tempeh to the prepared plate to absorb any excess oil. Sprinkle with black pepper. Serve immediately. Leftovers will keep in an airtight container in the fridge for 4 to 5 days.

VARIATIONS

- To make it soy-free (if you are unable to find soy-free tempeh), switch 1½ cups (255 g) cooked chickpeas or one 15-ounce (425 g) can, rinsed and drained, for the tempeh. Leave out the vegetable broth, and decrease the coconut aminos to 3 tablespoons. Cook just as you would the tempeh!

- Quick Sausage Crumbles: Add 1 teaspoon ground sage, 1 teaspoon crushed fennel seeds, and ½ teaspoon onion powder to the sauce before cooking.

Basic Cashew Cheese Sauce

MAKES ¾ CUP (180 ML)

When you talk to someone about going vegan, there's a 99 percent chance they'll tell you they can't because they can't give up cheese. Chances are, you probably felt the same way before you went vegan, so try to be understanding and compassionate. And then, the first chance you get, serve them something covered in this cheese sauce. The Cauliflower Parmigiana , perhaps? Soon they'll completely understand how you were able to kick dairy-based cheese to the curb.

PREP TIME: 5 minutes
ACTIVE TIME: 10 minutes
INACTIVE TIME: 60 minutes

½ cup (75 g) raw cashews, soaked in warm water for at least 1 hour and drained, water reserved

5 to 6 tablespoons reserved soaking water

2 tablespoons lemon juice

2 tablespoons nutritional yeast

½ teaspoon white soy miso (or chickpea miso)

Combine the cashews, ¼ cup (60 ml) of the reserved soaking water, the lemon juice, nutritional yeast, and miso in a food processor or blender and process until smooth. Add up to 2 tablespoons more water for a thinner sauce. Store in an airtight container in the refrigerator for up to 7 days. The cheese will thicken when chilled, so you may need to add more water to thin it back out (unless you want a cheese spread, as described in the Variations).

VARIATIONS

- Smoked Gouda Cheese Sauce: Add 1 teaspoon smoked paprika, ½ teaspoon garlic powder, and ½ teaspoon dried dill.
- Pepperjack Cheese Sauce: Add ½ teaspoon onion powder, ½ teaspoon garlic powder, and 1 teaspoon red pepper flakes.
- Mixed Herb Cheese Sauce: Add 2 teaspoons dried mixed herbs of your choice. I prefer ½ teaspoon dried thyme, ½ teaspoon dried parsley, ½ teaspoon dried oregano, and ½ teaspoon dried basil, but any blend will do.

- Melty Cheese: For cheese that seems melty and browns when baked—for the main recipe or any of the variations—increase the water to ⅔ cup (160 ml) and add 1 tablespoon arrowroot powder or cornstarch. Transfer the cheese to a small pot and heat over medium heat, stirring constantly, 3 to 4 minutes, until it's thickened but still drips slowly off a spoon. Pour it on top of whatever you're baking and proceed with that recipe's instructions.

- Cheese Spread: Use only 3 tablespoons water, or use the regular amount and chill the cheese sauce for at least 24 hours. The sauce will thicken into a spread.

Pepita Parmesan

MAKES 3 CUPS (720 ML)

Even as a former cheese snob, I have to say that I prefer plant-based Parmesans to their dairy-based counterparts. It's not just because they're the more compassionate choice, either. Vegan Parmesan, like this pepita version, not only gives that little extra cheesy "oomph" to whatever you add it to, but also provides a wonderful, slightly crunchy texture. If you sprinkle it on top of a casserole before you bake it, it becomes crispy and golden brown. If you add it to your salad or pasta, it brings a nutty, umami element to the dish. Since it's made with pumpkin seeds, it's safe for those with nut allergies. After one try, your whole family will want to add it to everything!

PREP TIME: 5 minutes
ACTIVE TIME: 2 minutes

2½ cups (320 g) pepitas (pumpkin seeds)

½ cup (35 g) nutritional yeast

1½ teaspoons lemon juice

Combine all of the ingredients in a food processor and pulse until broken down into a coarse powder. Transfer to an airtight container. Leftovers will keep in the fridge for up to 2 weeks.

Pickled Red Cabbage & Onion Relish

MAKES 5 CUPS (1.2 L)

I know what you're saying. Yes, this condiment is already vegan. It's not replacing a non-vegan staple in your pantry. But hear me out: This relish combines beautifully with ***so many*** different flavors. It has the ability to take every dish you add it to up a few notches. Pickled red cabbage and onions will become your new secret weapons. Your family will be ultra floored when you serve BBQ Chickpea Salad or Jackfruit Carnitas Burrito Bowl topped with a little scoop of this pickled delight. So floored, they may even forget that you're serving them vegan food!

PREP TIME: 10 minutes
ACTIVE TIME: 10 minutes
INACTIVE TIME: 3 to 4 hours

2 cups (480 ml) apple cider vinegar, plus more if needed
⅔ cup (110 g) brown sugar (or coconut sugar)
1 teaspoon salt
3 allspice berries
3 cloves
1 medium red onion, halved and very thinly sliced
3 cups (200 g) shredded or very thinly sliced red cabbage

1. Combine the vinegar, sugar, salt, allspice, and cloves in a small pot and bring to a boil. Once the sugar has completely dissolved, after about 1 minute, remove from the heat and set aside.
2. Pack the onion and cabbage in a large pickling jar or an airtight container. Pour the vinegar mixture over the vegetables. If the vegetables are not completely submerged, add more vinegar until they are. Seal the container and shake to fully combine. Refrigerate for 3 to 4 hours before using. Leftovers will keep in the fridge for 7 to 10 days.

Cream of Mushroom Soup

MAKES 3½ CUPS (840 ML)

Raise your hand if you were raised on casseroles made with cream of mushroom soup and topped with bread crumbs or potato chips or cornflakes. Me, too. It's the stuff my family traditions are made of. There's no need to put a stop to those casseroles that have been in your family since the invention of bread crumbs! All you need to do is replace the non-vegan ingredients with vegan ones. This soup is not only dairy-free, but it's also much healthier than the original! Give it a try in the Hash Brown Casserole or the Green Bean Casserole with Crispy Onion Topping . Your family won't be able to tell the difference.

PREP TIME: 8 minutes
ACTIVE TIME: 20 minutes
INACTIVE TIME: 30 minutes

½ large (1½- to 2-pound/680 to 900 g) head cauliflower, broken into florets

2 teaspoons vegan butter (soy-free if necessary)

8 ounces (225 g) cremini mushrooms (or button mushrooms), sliced

2 teaspoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)

½ cup (75 g) raw cashews (if you don't have a high-speed blender, soak in warm water for at least 30 minutes and drain; discard the water)

1 cup (240 ml) unsweetened nondairy milk (soy-free if necessary)

2 tablespoons nutritional yeast

1 tablespoon arrowroot powder (or cornstarch)

1 teaspoon dried thyme

½ teaspoon garlic powder

½ teaspoon salt

1. Place the cauliflower in a steamer basket over a pot of boiling water and cover. Steam the cauliflower until tender, 7 to 10 minutes.
2. Meanwhile, melt the butter in a large frying pan over medium heat. Add the mushrooms and liquid aminos and cook until tender, about 8 minutes. Remove from the heat.
3. Combine the steamed cauliflower, cashews, milk, nutritional yeast, arrowroot powder, thyme, garlic powder, and salt in a blender and blend until smooth. Add the mushrooms (and if desired, their cooking liquid) and pulse until they're in small bits incorporated throughout. You can use the soup right away in a recipe.

4. If you are not using it right away, let it cool completely before transferring to an airtight container. The soup will keep for 5 to 7 days in the fridge or 2 months in the freezer. If you freeze it, let it thaw completely before using.

VARIATION

- Turn this into the type of soup you eat in a bowl (novel idea, I know, but settle down, casserole lover): Combine the soup with 2 cups (480 ml) water or low-sodium vegetable broth in a pot and heat over medium heat, stirring occasionally, until heated through.

Shown with Lemon Tahini Sauce (on right)

Avocado Ranch Dressing

MAKES 1¾ CUPS (420 ML)

Ranch dressing seems like a go-to that everyone in the family can get on board with. Whether it's coating a salad or being a dip for veggies, chances are your family members are big fans. This version is not only vegan, but because it's avocado based, it's nut-free and soy-free as well! It's the one ranch dressing to rule them all.

PREP TIME: 5 minutes
ACTIVE TIME: 5 minutes

1 avocado, pitted and peeled
1 cup (240 ml) unsweetened nondairy milk (nut-free and/or soy-free if necessary)
2 tablespoons lemon juice
1 tablespoon apple cider vinegar
1 teaspoon agave syrup
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon dried oregano
½ teaspoon salt
¼ teaspoon celery seed
¼ teaspoon dried dill

In a food processor or blender, combine all of the ingredients. Process until smooth. For a thinner dressing, you can add more nondairy milk until it reaches your desired consistency. Refrigerate the dressing until ready to use. Leftovers will keep in an airtight container in the fridge for 1 to 2 days.

Shown with Avacado Ranch Dressing (on left)

Lemon Tahini Sauce

MAKES 1 CUP (240 ML)

Do you have a sauce that you like to put on ***everything*** ? Well, whatever that sauce is, it's going to be replaced by this sauce. I've been known to make double or triple batches just to get me through my day, er, um, I mean week. I particularly like drizzling it over any type of bowl-concoction I make, but I also spread it on toast, dip veggies in it, and take baths in it. I kid, I kid. But trust me—once you try it, you're going to have some 'splainin' to do when your family sees you drinking it out of a wine glass.

PREP TIME: 5 minutes
ACTIVE TIME: 5 minutes

½ cup (120 g) tahini (gluten-free if necessary)

¼ cup (60 ml) unsweetened nondairy milk (nut-free and/or soy-free if necessary)

3 tablespoons lemon juice

2 tablespoons maple syrup

1 tablespoon liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)

½ teaspoon ground ginger

¼ teaspoon garlic powder

Combine all of the ingredients in a cup or small bowl and stir with a fork until combined and smooth. Chill until ready to use. The sauce will thicken the longer it chills, so you may need to add water to thin it out before using it. Refrigerate in an airtight container for up to 7 days.

2

My family demands bacon and eggs for breakfast.

VEGAN DISHES TO GET EVERYONE'S DAY OFF TO A GOOD START

It's not just nutritional reasons that make breakfast the most important meal of the day. It's also a bonding meal for many families. During the week, it's a way for them to start their day together before going off their separate ways, and on the weekends, a leisurely breakfast is a great way for families to relax together and reconnect. It's understandable that your family won't want to give up the traditional dishes that they've enjoyed during this important meal over the years. While there are tons of quick vegan breakfast options out there, such as using nondairy milk in your cereal or using a vegan cream cheese on your bagel, these plant-based recipes will give your family a more compassionate and substantial meal to start the day.

IN THIS CHAPTER

Tofu Rancheros

Maple–Peanut Butter Pancakes

Savory Breakfast Casserole

Everyone's Favorite Oatmeal

Vanilla French Toast with Strawberry Sauce

Mushroom-Kale Skillet Hash

Quick & Easy Avocado Toast

Tofu Rancheros

SERVES 4 OR 5

The tofu scramble in this recipe is sure to be your family's favorite replacement for scrambled eggs. Serve it up with some Quick Bacon Crumbles and some toast for a compassionate spin on their old favorite breakfast plate. Or you can really impress the heck out of them by serving the scramble in these rancheros! It's perfect if you have some leftover 15-Minute Refried Beans , but they cook up pretty quickly if you don't. The secret is in the toppings, though: your favorite salsa, some shredded cabbage, green onions, a few avocado slices, and a squeeze of fresh lime juice over the plate. I think there's a new morning fave in town!

PREP TIME: 10 minutes (not including time to make 15-Minute Refried Beans)
ACTIVE TIME: 20 minutes

scrambled tofu

1 teaspoon olive oil
½ medium yellow onion, diced
One 14-ounce (397 g) block extra firm tofu
2 tablespoons low-sodium vegetable broth, plus more if needed
1 teaspoon black salt (kala namak; or regular salt)
1 teaspoon ground cumin
½ teaspoon paprika
¼ teaspoon ground turmeric
3 tablespoons nutritional yeast, optional
1 tablespoon lemon juice
Black pepper to taste

rancheros

8 to 10 corn tortillas (2 per person)
½ batch 15-Minute Refried Beans
Salsa
Chopped fresh cilantro
Sliced avocado, optional
Shredded cabbage or lettuce, optional

Sliced radishes, optional

Chopped green onions, optional

Lime wedges

1. **To make the scrambled tofu:** Heat the olive oil in a large frying pan over medium heat. Add the onion and sauté for 3 to 4 minutes. Crumble the tofu into the pan. Cook, stirring gently, until the tofu is no longer releasing any water and is beginning to brown on the edges, about 10 minutes.
2. Meanwhile, combine the broth, black salt, cumin, paprika, and turmeric in a small cup.
3. Once the tofu has stopped releasing water, add the broth mixture. Cook for about 5 minutes more, until the tofu has absorbed the liquid. If it begins to stick, add another tablespoon of broth to deglaze the pan and reduce the heat. Add the nutritional yeast (if using) and lemon juice and cook for about 1 minute more. Remove from the heat and cover the pan to keep warm.
4. **To make the rancheros:** Heat a small frying pan over medium heat. Place a tortilla in the pan and cook for about 1 minute, flip it, and cook for about 30 seconds more. Transfer to a plate and cover with aluminum foil. Repeat with the remaining tortillas.
5. Spread some refried beans over each tortilla. Top with tofu scramble, a little salsa, and cilantro. If desired, you can also top with avocado slices, shredded cabbage, radish slices, and/or green onions. Serve immediately with a lime wedge. Any leftover scramble can be kept in an airtight container in the fridge for 3 to 4 days.

Maple–Peanut Butter Pancakes

MAKES 8 PANCAKES

Is there anything more enticing first thing in the morning than a plate of steaming hot pancakes, topped with melting butter and dripping with maple syrup? There probably is, but right now I seriously can't imagine what that would be. Peanut butter helps hold these pancakes together, and along with maple syrup, it adds a wonderful depth of flavor. After a couple of bites, your family will be like "Wait a minute—is that *peanut butter* I taste? Awesome!" And you'll just have to nod because your mouth will be too full of pancakes to answer.

PREP TIME: 10 minutes
ACTIVE TIME: 25 minutes

¾ cup (90 g) oat flour (certified gluten-free)
¾ cup (90 g) gluten-free flour blend (soy-free if necessary)
1 tablespoon cornstarch
1 tablespoon baking powder
½ teaspoon salt
1¼ cups (300 ml) nondairy milk (nut-free and/or soy-free if necessary)
1⅓ cup (80 ml) maple syrup, plus more for serving
¼ cup (65 g) unsalted, unsweetened peanut butter (or nut or seed butter of your choice)
1 tablespoon apple cider vinegar
1 teaspoon vanilla extract
Vegan cooking spray (soy-free if necessary)
Vegan butter (soy-free if necessary), optional

1. If you're not serving the pancakes immediately, see Tip below. In a large bowl, whisk together the oat flour, gluten-free flour, cornstarch, baking powder, and salt. In a medium bowl, whisk together the milk, maple syrup, peanut butter, vinegar, and vanilla. Add the wet ingredients to the dry and stir until combined.
2. Heat a large frying pan or griddle over medium heat for a couple of minutes. Lightly spray with cooking spray. Using a ⅓-cup (80 ml) measuring cup, scoop the batter onto the pan and cook until the top begins to bubble and the edges begin to lift. Use a spatula to flip the pancake. Cook for another minute or two. Gently lift the edge of the pancake to make sure it's golden brown, then transfer the pancake to a plate (or the

oven, as in Tip below). Repeat with the remaining batter, taking care to regrease the pan between pancakes.

3. Serve the pancakes topped with a bit of butter (if desired) and a drizzle of maple syrup. Keep leftovers in an airtight container in the fridge for 1 to 2 days.

VARIATIONS

- These can also be made by replacing the oat flour, gluten-free flour, and cornstarch with 1½ cups (195 g) unbleached all-purpose flour. If the batter is too thick, you may need to add a few tablespoons of nondairy milk to thin it out.

- You can also use this batter to make waffles by cooking it in a waffle maker according to the machine instructions.

TIP

- If you're not planning to serve the pancakes right away, preheat the oven to its lowest setting before you start preparing your batter. Place a cooling rack on a baking sheet. Once a pancake is done, transfer it to the cooling rack and place the sheet in the oven. Continue transferring all pancakes to the rack (avoiding overlapping if possible) and keep them there for up to 20 minutes.

Savory Breakfast Casserole

SERVES 10 TO 12

Some mornings, you just need a big, hearty breakfast with as little fuss as possible. (Especially those mornings that occur after wild and crazy nights. Been there.) This casserole, filled with hash browns, veggies, and vegan bacon, will definitely fit the bill, and it's also big enough to feed a crowd and tasty enough to impress them all. You might want to save some for leftovers, though, because it's just as awesome for dinner!

PREP TIME: 10 minutes (not including time to make Quick Bacon Crumbles)
ACTIVE TIME: 20 minutes
INACTIVE TIME: 40 to 45 minutes

Olive oil spray
One 14-ounce (397 g) block extra firm tofu
3 cups (720 ml) unsweetened nondairy milk (nut-free if necessary)
2½ cups (275 g) chickpea flour
2 tablespoons lemon juice
2 tablespoons nutritional yeast
1½ teaspoons black salt (kala namak; or regular salt)
1½ teaspoons garlic powder
1 teaspoon mustard powder
¾ teaspoon ground turmeric
Black pepper to taste
1 teaspoon olive oil
½ medium yellow onion, diced
1 red bell pepper, diced
One 16-ounce (455 g) bag frozen hash browns
Quick Bacon Crumbles
4 green onions, chopped (green and white parts)

1. Preheat the oven to 400°F (200°C). Lightly spray a 9 × 13-inch (23 × 33 cm) baking dish with olive oil.
2. Gently squeeze the tofu over the sink, releasing any extra water. Add the tofu, milk, chickpea flour, lemon juice, nutritional yeast, salt, garlic powder, mustard powder,

turmeric, and pepper to a blender and blend until smooth. Pour into your largest bowl.

3. Heat the olive oil in a large frying pan over medium heat. Add the onion and bell pepper and sauté until just barely tender. Pour them into the bowl and return the pan to the stove. Add the hash browns to the pan and cook for about 5 minutes, stirring occasionally, until thawed and golden in color. Remove from the heat and pour into the bowl.

4. Add the bacon crumbles to the bowl and stir until combined. Pour into the prepared baking dish and sprinkle the green onions over the top. Bake for 35 minutes, or until firm and a toothpick inserted in the center comes out clean. Remove from the oven and let rest for 5 to 10 minutes before serving. Leftovers will keep in an airtight container in the fridge for 4 to 5 days.

Everyone's Favorite Oatmeal

SERVES 1

Oatmeal is such a wonderfully quick, cozy, tasty, and filling way to start your day, you'd think everyone would be doing it! When people say they don't like oatmeal, I usually just assume they haven't found "their oatmeal" yet. I hated oatmeal until I discovered, at the age of twenty-seven, that if I added syrup, cinnamon, and raisins, it was actually pretty dang great. Then I had oatmeal for breakfast almost every day for seven years. I suggest adding more variety than that to your breakfast, but once you play around with these twists on the basics, everyone is bound to join the oatmeal club. If you want to share, this recipe can easily be multiplied to serve a crowd.

PREP TIME: 2 minutes
ACTIVE TIME: 8 minutes

1½ cups (360 ml) water

1 cup (100 g) rolled oats (certified gluten-free if necessary; see Tip)

¼ cup (60 ml) nondairy milk (nut-free and/or soy-free if necessary)

1 to 2 tablespoons maple syrup

1 teaspoon ground cinnamon

Salt to taste

1. Combine the water and oats in a small saucepan or pot and bring to a boil. Reduce to a simmer and cook, untouched, for 3 to 4 minutes, until slightly thick and sticky.
2. Add the milk, maple syrup, cinnamon, and salt and cook for 1 to 2 minutes more, until it's heated through and has reached your desired thickness. Remove from the heat and transfer to a serving bowl. Serve immediately with your choice of toppings.

VARIATIONS

- Simple Fruit and Nut Oatmeal: Once cooked, top oatmeal with ⅓ cup (40 to 70 g) fresh fruit (sliced banana, chopped strawberries, sliced nectarine or peach, blueberries, raspberries, blackberries) and/or 2 tablespoons chopped dried fruit (peaches, apricots, apple, cherries, raisins) and/or 1 tablespoon chopped nuts (almonds, pecans, walnuts, cashews, peanuts, macadamia nuts). If desired, drizzle with a little more maple syrup.

- Cinnamon Raisin Oatmeal: Increase the amount of cinnamon to 1½ teaspoons and add 1 tablespoon blackstrap molasses and ¼ cup (40 g) raisins to the oatmeal when you add the milk. Top with an additional 1 tablespoon raisins, a drizzle of maple syrup, and/or 1 tablespoon chopped nuts.

- Peanut Butter and Banana Oatmeal: When adding the milk, add ⅓ cup (50 g) sliced bananas and 1 tablespoon peanut butter. Top with a few more banana slices, 1 tablespoon chopped peanuts, and drizzles of peanut butter and maple syrup. You could also add a couple of tablespoons of chocolate chips to take it over the top.

- Double Chocolate Oatmeal: Stir in 2 tablespoons cocoa powder when you add the milk. After removing from the heat, stir in 1 to 2 tablespoons chocolate chips. Top with chopped nuts and/or cacao nibs.

- Fruit Pie Oatmeal: Add ⅓ cup (40 to 70 g) chopped fruit of your choice (apple, pear, strawberries, bananas, blueberries, blackberries, cherries, peach, pear, persimmon) to the pot when adding the oats. Top with ¼ cup (30 to 50 g) of the same fruit and/or 1 tablespoon chopped nuts.

TIP

- For those who hate “mushy” foods, try making it more cake-like by transferring the finished oatmeal to an oven-safe dish and baking at 350°F (180°C) for 5 to 10 minutes, until the oatmeal has firmed up and the top is crispy. Then add toppings.

- If you want to cook the oatmeal more quickly, soak the oats in the water for at least 1 hour (up to overnight) before cooking.

Vanilla French Toast with Strawberry Sauce

SERVES 4

There are often skeptics when it comes to vegan French toast. “It can’t be made without eggs,” they groan. You’ll show them, with this decadent French toast! The batter is made from a combination of chickpea flour, milk, coconut milk, and vanilla beans, giving it an outstanding, slightly crispy texture and a rich flavor that can rival even the fanciest egg-based French toast. The vanilla also makes it very aromatic, getting your family excited even before they get their plates. A little whipped cream and a bright strawberry sauce will seal the deal. Once you go egg-free, you never go back.

PREP TIME: **15 minutes** (not including time to make Vanilla Whipped Cream)
ACTIVE TIME: **35 minutes**

French toast

1 vanilla bean
1 cup (240 ml) plain or vanilla nondairy milk (nut-free and/or soy-free if necessary)
½ cup (120 ml) canned coconut milk (or vegan creamer)
½ cup (55 g) chickpea flour
2 tablespoons maple syrup
1½ tablespoons arrowroot powder
1 teaspoon vanilla extract
¼ teaspoon salt
Vegan cooking spray (soy-free if necessary)
8 vegan bread slices (the thicker the better; gluten-free if necessary)
Vanilla Whipped Cream , optional
Powdered sugar (or xylitol) for dusting, optional
Sliced almonds, optional

strawberry sauce

4 cups (520 g) chopped strawberries (fresh or frozen)
1 tablespoon cornstarch
1 to 2 tablespoons agave syrup (or maple syrup; depending on sweetness preference)
1 tablespoon lemon juice
1 tablespoon water

1. Use a paring knife to make a slit lengthwise down the side of the vanilla bean. You don't want to cut it in half—just split it open. Use the knife to scrape out the tiny seeds. Place the seeds in a large shallow bowl or baking dish.
2. Add the nondairy milk, coconut milk, flour, maple syrup, arrow-root, vanilla extract, and salt. Stir until combined.
3. Preheat the oven to its lowest setting. Place a cooling rack on a baking sheet. Set aside.
4. Heat a large frying pan or griddle over medium heat for a couple of minutes. Spray the pan generously with cooking spray. Dip 1 or 2 slices of bread (depending on how many will fit in your pan) in the milk mixture and soak for 10 to 15 seconds on each side. Place the slices in the pan and cook until golden and crispy, 3 to 4 minutes on each side. Transfer to the cooling rack and place the baking sheet in the oven to keep warm until ready to serve. Repeat with the remaining slices of bread, respraying the pan each time before adding new slices.
5. **To make the strawberry sauce:** Combine the sauce ingredients in a small pot and bring to a boil. Reduce the heat and simmer, stirring frequently, for 3 to 5 minutes, until thickened. Remove from the heat and keep warm.
6. If you want, slice the pieces of toast in half diagonally before serving. To serve, place two slices of bread (or four halves) on a plate, topped with a dollop of vanilla whipped cream (if using), a scoop of strawberry sauce, and if you desire, a light dusting of powdered sugar. Sprinkle with a few sliced almonds and serve.

VARIATIONS

- Take this French toast to the next level by replacing the whipped cream with Vanilla Ice Cream .
- If you want basic French toast, you can skip the whipped cream, strawberry sauce, powdered sugar, and almonds, and just serve it doused with maple syrup.

LODGE

Mushroom-Kale Skillet Hash

GF NF SF

SERVES 4

Most people, when considering a vegan diet, focus on the things they *can't* eat. They don't think about what they *can* eat. They forget about all the things they eat that are already vegan. Like potatoes, for example. When people think about vegan breakfasts, they think about how they can't have eggs, bacon, or sausage and forget about those good ol' skillet potatoes. The ones that are crispy and golden on the outside and soft on the inside. This skillet hash is made with savory mushrooms and some kale (because you gots to get yo' greens in!). It's great alone or as a side, but either way, after one bite, your family won't be worrying about that sausage they're not eating.

PREP TIME: 10 minutes
ACTIVE TIME: 20 minutes

2 teaspoons olive oil

½ medium red onion, diced

2 garlic cloves, minced

3 or 4 red potatoes (about 18 ounces/500 g), chopped into ½-inch (1 cm) cubes

8 ounces (225 g) cremini mushrooms, sliced

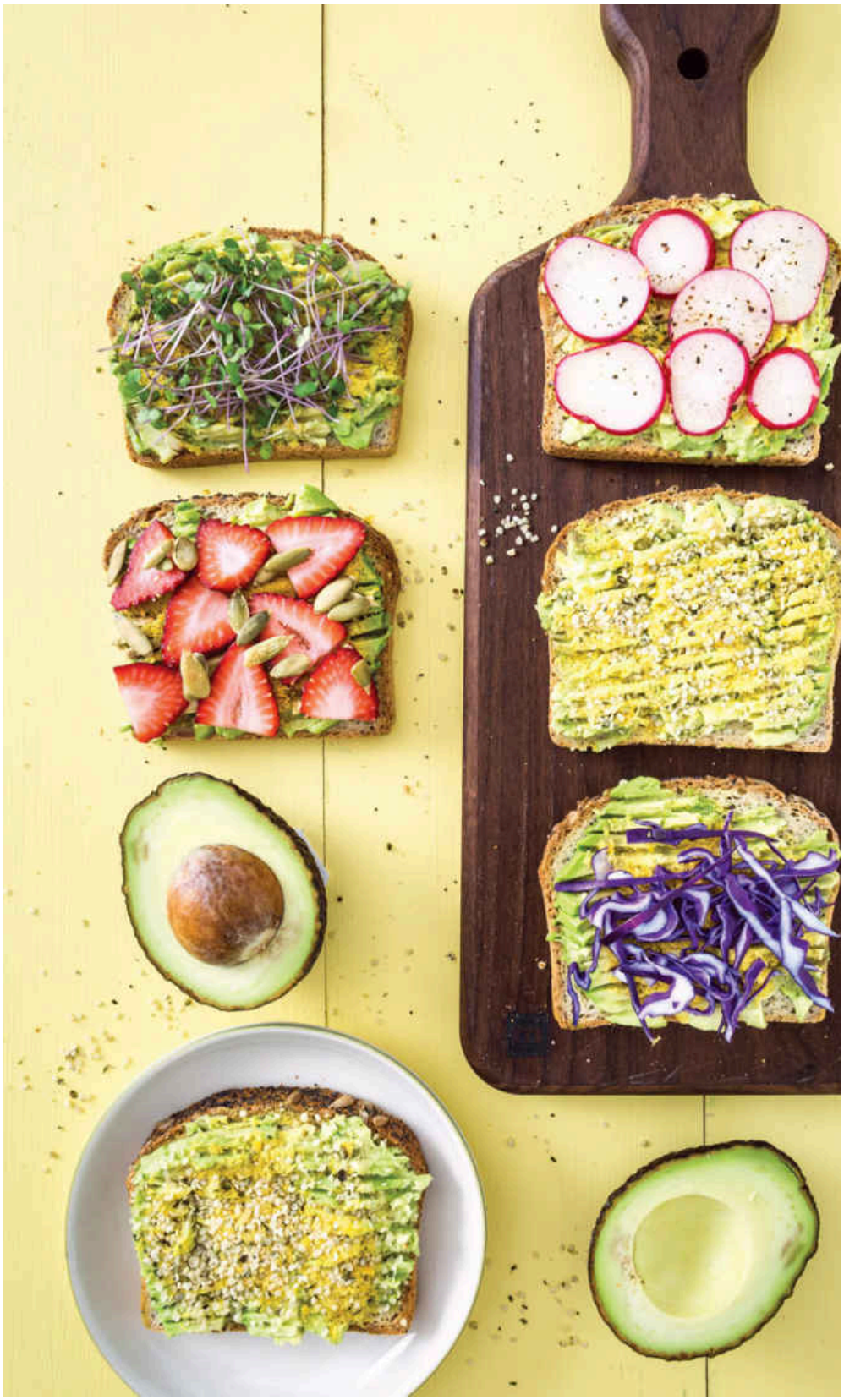
1½ teaspoons Old Bay Seasoning

Low-sodium vegetable broth, optional

1 bunch (12 to 16 ounces/340 to 455 g) dino kale (aka lacinato or black kale), stems removed, chopped

Salt and black pepper to taste

1. Heat the olive oil in a large frying pan, preferably cast iron, over medium heat for a minute. Add the onions and sauté just until translucent.
2. Add the garlic, potatoes, mushrooms, and Old Bay and cook, stirring occasionally, until the mushrooms and potatoes are tender and the potatoes are golden, 15 to 20 minutes. If sticking occurs, add a splash of vegetable broth and lower the heat.
3. Once the veggies are tender, add the kale and cook until wilted. Add salt and pepper and remove from the heat. Serve immediately. Leftovers will keep in an airtight container in the fridge for 2 to 3 days.



Quick & Easy Avocado Toast

SERVES 1

This recipe is so darn simple, I almost feel guilty about including it. Almost. It happens to be one of the tastiest things that you'll make from this book. I can't take credit for it—avocado toast is a wildly popular concept and all the cool kids are doing it. My only regret is that I waited so long to try it. Now it's my favorite quick breakfast. (Or lunch. Or snack. Or dinner.) I've shared the most basic version here, but it's a very flexible recipe, and can be made with a variety of toppings. A few radish slices, some grilled asparagus, a handful of chopped strawberries, or anything your imagination can come up with. If you have any small bits of leftovers—some Quick Bacon Crumbles or a scoop of cooked beans, for example—throw those on there! This toast is a great way to transport those leftovers to your mouth.

PREP TIME: 3 minutes
ACTIVE TIME: 5 minutes

2 vegan bread slices (gluten-free if necessary)

½ avocado, pitted

¾ teaspoon nutritional yeast, optional

1 teaspoon hemp seeds (or sunflower seeds, or toasted pepitas/pumpkin seeds)

Toast the bread. Scoop half of the avocado onto each slice and use a fork to mash and spread it on the toast. Sprinkle with nutritional yeast (if using) and top with seeds. Serve immediately.

TIP

- Ripe avocados work best here. The avocado should be slightly soft but not mushy. If you remove the stem at the top of the avocado, the flesh underneath should be yellow. Green will mean that it's not ripe enough and brown means that it's too ripe (though you could probably still get away with an overripe avocado here).
- If you have some leftover Lemon Tahini Sauce , it's magical drizzled on this toast.

3

I don’t have time to cook elaborate family dinners!

EASY VEGAN WEEKNIGHT MEAL SOLUTIONS

It may seem that you have to slave over the stove for a few hours to come up with a dinner tasty enough that everyone would like it, or that you have to prepare multiple dishes to satisfy everyone in your family. If you’ve had a long and busy day, these are especially unappealing. Never fear! It is possible to prepare vegan meals so delicious that your whole family will be begging for seconds and you’ll be in and out of the kitchen in 30 minutes. Let this chapter show you how!

IN THIS CHAPTER

Tips & Tricks: Weeknight Meal Preparation

Mexican Pizza with 15-Minute Refried Beans

Potato Leek Soup

Quick Cauliflower Curry

BBQ Chickpea Salad

Spicy Sesame Soba Noodle Bowl

Cheesy Quinoa & Veggies

Jackfruit Crabless Cakes with Lemon Dill Aïoli

Tips & Tricks

WEEKNIGHT MEAL PREPARATION

The recipes in this chapter are all great choices for getting your dinner on the table in 30 minutes, but here are some tips to help all of your meals come together more quickly.

PLAN YO’ MEALS. Knowing in advance what you’re going to be making all week allows you to a) shop for all of your ingredients at one time, preventing multiple trips to the supermarket throughout the week, b) eliminate any time standing in front of the fridge, wondering what to make, and c) dream all day about that night’s dinner or Thursday’s lunch, so later, when you actually get to dig in, it’s that much more gratifying. It also saves

you money because you won't be buying random ingredients that you may or may not use (and that will likely end up in the trash), and you can plan to use certain ingredients more than once. For example, if you need fresh cilantro for Monday night's dinner, plan something for later in the week that also uses cilantro.

BE PREPARED. This motto is even more valuable to vegans than it is to Girl Scouts and Boy Scouts. If you set aside an hour or two per week (or every couple of weeks if you're super efficient) to prepare foods in advance, this will save you so much time throughout the week. Try preparing a large batch of a grain, such as rice, quinoa, or farro, that you can use in various meals throughout the week. You can prepare a sauce or two, or even some Basic Cashew Cheese Sauce to use on several dishes. If you have the time, you can also prepare meals for later in the week so that all you have to do is heat it up come dinnertime.

MAKE BIG BATCHES. Of everything. Double your recipe so you can have the leftovers for lunches or dinner later in the week. If you're making a sauce like pesto, for example, double it and freeze half so you can use it in a future recipe. Leftovers are your friends.

Mexican Pizza with 15-Minute Refried Beans

MAKES 4 PIZZAS, WITH EXTRA BEANS

When I talk to my dad on the phone, he likes to tell me about the things he's been cooking and how he prepared them. One of his go-to meals for when he wants a quick lunch is to spread some refried beans on a tortilla and add whatever toppings he has on hand. After hearing about it a few times, I decided to give it a try, and he was right—it's pretty dang tasty and a cinch to make. The refried bean recipe makes *a lot* , but you'll be happy to have leftovers for tacos, burritos, or more Mexican pizzas later in the week.

PREP TIME: 15 (not including time to make Pepperjack Cheese Sauce)
ACTIVE TIME: 25

15-minute refried beans

1 teaspoon olive oil

1 medium yellow onion, chopped

Three 15-ounce (425 g) cans pinto beans, rinsed and drained

2 tablespoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)

2 teaspoons ground cumin

2 teaspoons ancho chile powder

1½ teaspoons ground coriander

¾ teaspoon smoked paprika

½ cup (120 ml) low-sodium vegetable broth

3 tablespoons canned diced green chiles

2 tablespoons lime juice

Salt and black pepper to taste

pizzas

4 flour tortillas (use rice flour or corn tortillas to make them gluten-free; if using corn tortillas, use 2 per person)

Pepperjack Cheese Sauce

1 cup (170 g) chopped fresh tomatoes

½ cup (55 g) sliced pitted black olives, optional

Optional toppings: sliced avocado, chopped or shredded greens of your choice, chopped green onions, Pickled Red Cabbage & Onion Relish

1. Preheat the oven to 400°F (200°C). Line one or two baking sheets with aluminum foil or silicone baking mats. Set aside.
2. **To make the refried beans:** Heat the olive oil in a large shallow saucepan over medium heat. Add the onion and sauté until just translucent, 3 to 4 minutes. Add the beans, liquid aminos, cumin, chile powder, coriander, paprika, and broth. Cook for about 5 minutes, until heated through and about half of the liquid has been absorbed.
3. Add the green chiles and lime juice and remove from the heat. Transfer to a food processor and pulse until the beans are mostly smooth with some chunks. Add salt and pepper.
4. **To make the pizzas:** Spread out the tortillas on the baking sheets. Spread refried beans generously over each one. Drizzle the cheese sauce over the beans and sprinkle the chopped tomatoes and olives (if using) over each pizza. Bake for 10 minutes, or until the tortillas are crispy.
5. Top the pizzas with your additional toppings and serve immediately. Leftover beans can be kept in an airtight container in the fridge for 5 to 6 days or frozen for up to 2 months. When reheating, you may need to add a few tablespoons of broth or water to thin them out again.

Potato Leek Soup

SERVES 4 TO 6

There's nothing that soothes the soul like coming home after a long day of work to a steamy, creamy bowl of soup. Especially when that bowl of soup is made with luscious golden potatoes and aromatic leeks with just a touch of smokiness. What makes this soup even better is how quickly you'll go from chopping potatoes to sitting at the table dunking French bread in your soup! If you have any leftover Quick Bacon Crumbles , they're great sprinkled on top.

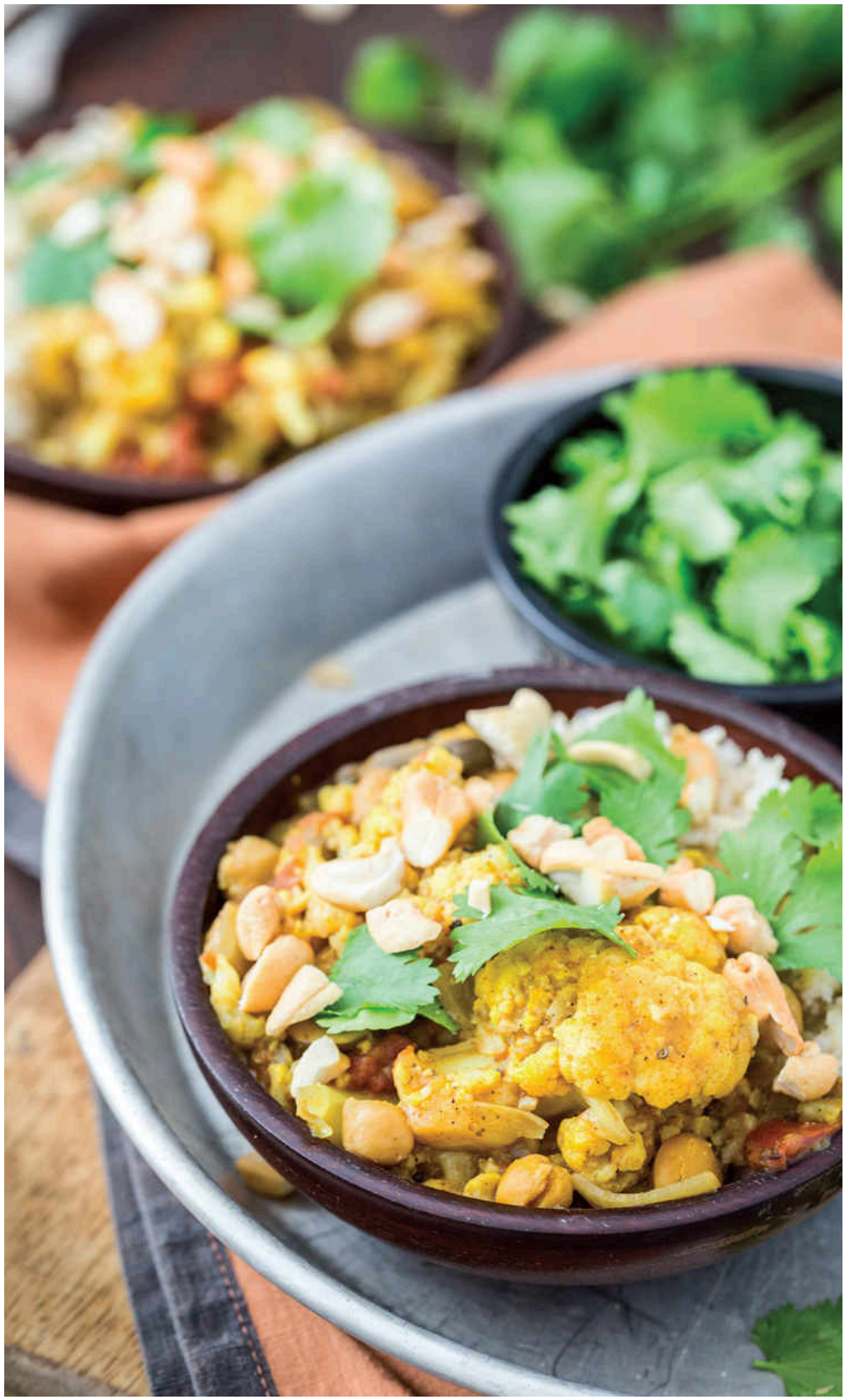
PREP TIME: 15 minutes (not including time to make Quick Bacon Crumbles)
ACTIVE TIME: 25 minutes
INACTIVE TIME: 15 minutes

1 teaspoon olive oil
2 leeks, thinly sliced (white and light green parts)
1 garlic clove, minced
2 pounds (910 g) Yukon gold potatoes, chopped
2 teaspoons dried rosemary
2 teaspoons dried thyme
1 teaspoon ground sage
3 cups (720 ml) low-sodium vegetable broth
2 cups (480 ml) water
1 tablespoon nutritional yeast, optional
1 tablespoon lemon juice
1 teaspoon liquid smoke
Salt and black pepper to taste
Quick Bacon Crumbles , optional
Chopped green onions, optional

1. In a large pot, heat the olive oil over medium heat. Add the leeks and sauté until soft, about 4 minutes. Add the garlic and sauté for another minute. Add the potatoes, rosemary, thyme, sage, broth, and water. Bring to a boil, then reduce the heat and simmer until the potatoes are tender, about 15 minutes. Turn off the heat.
2. Add the nutritional yeast, lemon juice, and liquid smoke. Use an immersion blender to blend the soup until smooth (or mostly smooth with a few potato chunks—your call).

Alternatively, you can transfer the soup in batches to a blender and carefully blend until smooth.

3. Add salt and pepper. Serve topped with bacon crumbles and green onions, if desired. Leftovers will keep in an airtight container in the fridge for 5 to 6 days.



Quick Cauliflower Curry

SERVES 4 TO 6

One of my tips at the start of this chapter was to cook a large batch of grains that you can use in meals throughout the week. You can serve it with beans, in a soup, or topped with a bold and flavorful curry like this one. Curries are one of those dishes that always get built up as much more difficult and time consuming than they really are. This one basically involves you putting everything in a pot and letting it simmer for a while before adding yogurt to thicken the sauce and give it a creamy texture and slightly tangy taste. The combination of cauliflower, mushrooms, and chickpeas makes this quick meal incredibly satisfying.

PREP TIME: 20 minutes
ACTIVE TIME: 15 minutes
INACTIVE TIME: 10 minutes

1 tablespoon coconut oil
1 medium yellow onion, diced
2 garlic cloves, minced
1 tablespoon grated fresh ginger
1 tablespoon curry powder
2 teaspoons garam masala
1 teaspoon ground coriander
1 teaspoon ground cumin
½ teaspoon ground turmeric
1 medium (1-pound/455 g) head cauliflower, broken into florets
8 ounces (225 g) cremini mushrooms (or button mushrooms), sliced
One 15-ounce (425 g) can chickpeas, rinsed and drained
One 15-ounce (425 g) can no-salt-added fire-roasted diced tomatoes
3 cups (720 ml) low-sodium vegetable broth
1 cup (225 g) plain coconut yogurt (preferably unsweetened)
Salt and black pepper to taste
Chopped fresh cilantro, optional
Chopped cashews, optional (see Variation)
Cooked rice (or vegan bread)

1. Heat the coconut oil in a large pot or Dutch oven over medium heat. Add the onion, garlic, and ginger and sauté until the onion is just becoming translucent. Add the curry powder, garam masala, coriander, cumin, and turmeric and cook until fragrant, about 1 minute.
2. Add the cauliflower, mushrooms, chickpeas, tomatoes and their liquid, and the broth and bring to a boil. Reduce the heat to a simmer and cover. Cook for about 10 minutes, then remove the lid and cook for about 5 minutes more. Stir in the yogurt and cook for a few minutes, until heated through. Add salt and pepper and remove from the heat.
3. Top with chopped cilantro and/or cashews, if desired, and serve with rice or bread. Store leftovers in an airtight container in the fridge for 4 to 5 days.

VARIATION

- To make this nut-free, switch out the cashews with pepitas (pumpkin seeds) or sesame seeds.

BBQ Chickpea Salad

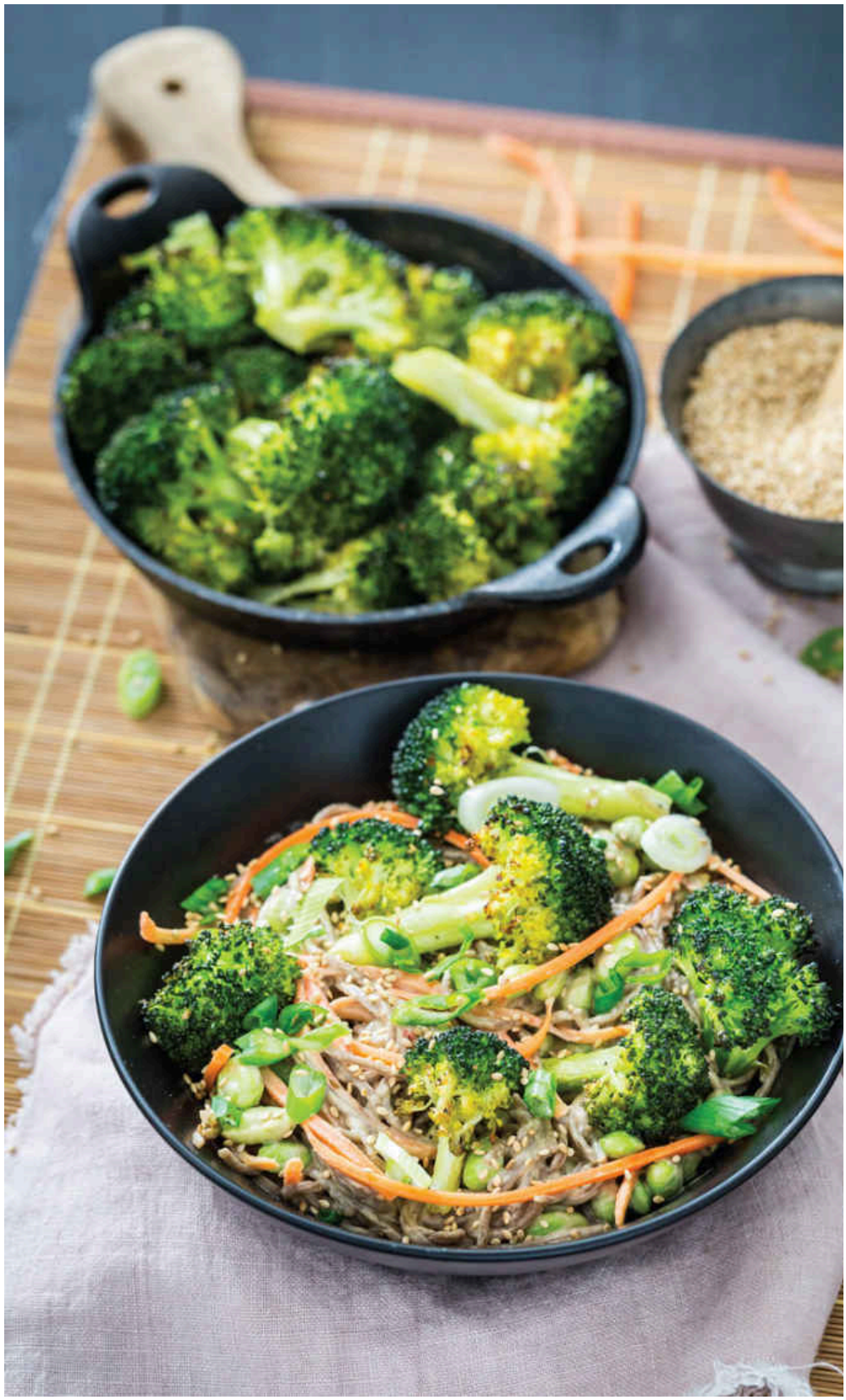
SERVES 2 TO 4

The Behemoth Salad. It's a standard dinner in our house and I'll tell you why: It's easy, satisfying, and pretty healthy. This salad, filled with tomatoes, nectarines, and carrots, topped with a big heap of barbecue-sauce-glazed chickpeas, doused with creamy Avocado Ranch Dressing , and garnished with tangy Pickled Red Cabbage & Onion Relish and crunchy toasted pepitas is packed with countless nutrients and a variety of flavors and textures. Plus, it's incredibly filling. If your regular salads haven't been as exciting and satisfying as this one, then it's time to upgrade them to Behemoth status.

PREP TIME: 20 minutes (not including time to make Avocado Ranch Dressing and Pickled Red Cabbage & Onion Relish)
ACTIVE TIME: 15 minutes

3 cups (765 g) cooked chickpeas (or two 15-ounce/425 g cans, rinsed and drained)
2 tablespoons liquid aminos (use coconut aminos to be s oy-free)
⅔ cup (160 ml) vegan barbecue sauce (homemade or store-bought)
1 large head romaine lettuce, chopped
1 cup (50 g) shredded red cabbage
1 cup (155 g) halved cherry tomatoes
1 cup (150 g) sliced nectarines (or sliced peaches or chopped mango)
½ cup (55 g) grated carrot
Avocado Ranch Dressing
Toasted pepitas (pumpkin seeds)
Pickled Red Cabbage & Onion Relish

1. Heat a large shallow saucepan over medium heat. Add the chick-peas and liquid aminos and cook, stirring a couple of times, until the liquid has been absorbed, 2 to 3 minutes.
2. Add ⅓ cup (80 ml) of the barbecue sauce and toss to coat. Cook until the sauce has thickened and caramelized, and all the liquid has been absorbed. Add the remaining barbecue sauce and cook until the sauce has thickened and caramelized again. Remove from the heat.
3. In a large bowl, toss together the lettuce, red cabbage, cherry tomatoes, nectarine slices, and carrots. Divide the salad among four bowls and top with the chickpeas. Top with dressing, a sprinkling of the pepitas, and a scoop of the relish. Serve immediately. Leftover beans will keep in an airtight container in the fridge for 3 to 4 days.



Spicy Sesame Soba Noodle Bowl

GFO NF

SERVES 4 TO 6

I jumped on the noodle bowl train a lot later than everyone else. And I regret it. I missed out on hours upon hours of twirling these wonderfully thick, chewy noodles, decked out in creamy, nutty, spicy sauces, around my fork. While I was wasting time eating other less tasty things, other people—smarter people—were enjoying the quick preparation and fulfilling, simple-yet-decadent payoff that comes with these noodle bowls. If you're not on board with these bowls yet, now is the time to start. This one is filled with sesame-roasted broccoli, toothsome soba noodles, edamame, and a sriracha-laced tahini sauce that will have you licking the bowl. Don't make the same mistake I did—get on this now!

PREP TIME: 15 minutes
ACTIVE TIME: 30 minutes

1 bunch broccoli, chopped into florets

2 tablespoons sesame oil

Salt and pepper to taste

¾ cup (180 g) tahini (gluten-free if necessary)

3 tablespoons tamari (gluten-free if necessary)

2 tablespoons brown rice vinegar

1 to 2 tablespoons sriracha (or other hot sauce)

1 tablespoon maple syrup

1 teaspoon ground ginger

½ teaspoon garlic powder

One 12-ounce (340 g) package buckwheat soba noodles (or vegan angel hair pasta or spaghetti; gluten-free if necessary)

1½ cups (210 g) frozen shelled edamame

2 large carrots, peeled and julienned

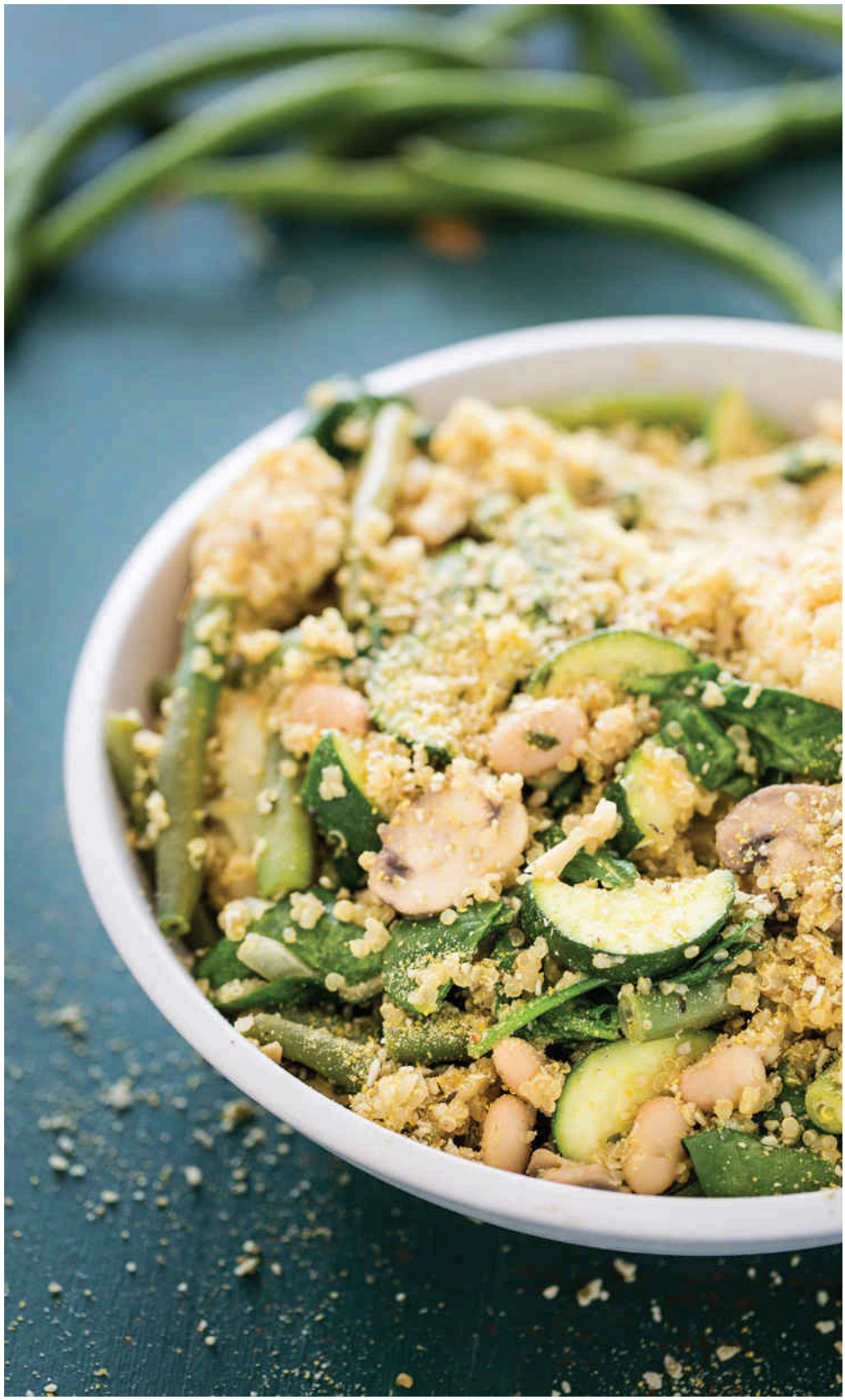
Sesame seeds

Chopped green onions (green and white parts)

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper or a silicone baking mat. Spread out the broccoli on the sheet and drizzle with the sesame oil, then add salt and pepper. Toss to fully coat. Bake for 15 to 20 minutes, until tender

with slightly crispy edges, tossing once halfway through. Remove from the oven and set aside.

2. While the broccoli is roasting, fill a large pot with water and bring to a boil.
3. While you're waiting for the water to boil, you can make the sauce: Combine the tahini, tamari, vinegar, sriracha, maple syrup, ginger, and garlic powder in a medium bowl and stir until combined and smooth. Set aside.
4. Once the water is boiling, add the noodles and cook according to the package instructions until al dente. About 1 minute after you add the noodles to the water, add the edamame. Once the noodles are done, drain and rinse the noodles and edamame with cold water, then drain again. Transfer to a large serving bowl. Stir in the sauce. Add the carrots and roasted broccoli and stir to combine. Serve topped with sesame seeds and green onions. Leftovers will keep in an airtight container in the fridge for 1 to 2 days.



Cheesy Quinoa & Veggies

SERVES 4 TO 6

Don't you hate those times when you're scrambling to put dinner on the table and you don't have half of the ingredients the recipe calls for? The beauty of this recipe is that you can use whatever you have on hand. Out of quinoa? Use rice. Have some asparagus and broccoli you want to use up? Switch them for the green beans and cauliflower. Don't like white beans? Use whatever legume you prefer. As long as you have the royal trifecta of grains, beans, and veggies, you really can't go wrong. And if you want to save even more time, try preparing a large batch of quinoa the weekend before!

PREP TIME: 20 minutes (not including time to make Pepita Parmesan)
ACTIVE TIME: 30 minutes

1 cup (180 g) quinoa, thoroughly rinsed
2 cups (480 ml) water
1 teaspoon olive oil
½ medium yellow onion, diced
½ medium (1-pound/455 g) head cauliflower, broken into small florets
8 ounces (225 g) fresh green beans, trimmed
2 tablespoons low-sodium vegetable broth (or water)
8 ounces (225 g) cremini mushrooms (or button mushrooms), sliced
2 medium zucchini, halved lengthwise and sliced
3 tablespoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
1 teaspoon dried thyme
1 teaspoon dried parsley
1 teaspoon garlic powder
1½ cups (265 g) cooked great Northern beans (or one 15-ounce/425 g can, rinsed and drained)
⅓ cup (25 g) nutritional yeast
3 cups (90 g) packed chopped greens (spinach, chard, kale, or collards)
¼ cup (60 ml) lemon juice
Salt and black pepper to taste
Pepita Parmesan , optional

1. Combine the quinoa with the water in a medium pot. Cover and bring to a boil, then reduce the heat and simmer for about 15 minutes, until all the water has been absorbed. Remove from the heat, keeping it covered, and let it rest for about 10 minutes before fluffing with a fork.
2. While the quinoa is cooking, heat the olive oil in a large, shallow saucepan over medium heat. Add the onion and sauté for 2 to 3 minutes. Add the cauliflower, green beans, and broth, cover the pan, and cook for 3 to 4 minutes. Add the mushrooms, zucchini, liquid aminos, thyme, parsley, and garlic powder. Cover and cook, stirring occasionally, until all of the vegetables are tender but not too soft (they should still have a "bite" to them), 6 to 7 minutes. Add the cooked quinoa and the beans, stir, and cook until heated through, about 2 minutes. Stir in the nutritional yeast. Stir in the greens and cook until just beginning to wilt. Add the lemon juice, salt, and pepper and remove from the heat.
3. Serve immediately, topped with Pepita Parmesan (if using). Store any leftovers in an airtight container in the fridge for 3 to 4 days.

Jackfruit Crabless Cakes with Lemon Dill Aïoli

SERVES 3 OR 4

You know those nights when you crave something a little greasy, quickly? Don't settle for some third-rate drive-thru or restaurant—treat yourself to something delicious and, I dare say, gourmet *and* that comes together with very little effort! These jackfruit-based crabless cakes are ridiculously tasty and will have you wiping your (slightly) greasy fingers on your jeans in just 30 minutes. If you want to go a healthier route, you can always bake these guys (see Variations), and if seafood isn't your thing, leave out the Old Bay Seasoning and kelp granules.

PREP TIME: 15 minutes (not including time to cook brown rice)
ACTIVE TIME: 20 minutes

One 20-ounce (565 g) can jackfruit, thoroughly rinsed and drained
1½ cups (265 g) cooked cannellini beans (or one 15-ounce/425 g) can, rinsed and drained)
4 green onions, finely chopped (green and white parts), plus more for garnish
1 cup (160 g) cooked brown rice
2 tablespoons chickpea flour, plus more if needed
1 tablespoon vegan mayonnaise (soy-free if necessary)
1 tablespoon Old Bay Seasoning
2 teaspoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
1 teaspoon dried parsley
½ teaspoon kelp granules
½ teaspoon garlic powder
Salt and black pepper to taste
Sunflower oil (or canola oil) for frying

lemon dill aïoli

¾ cup (165 g) vegan mayonnaise (soy-free if necessary)
3 tablespoons lemon juice
1½ teaspoons dried dill
¼ teaspoon garlic powder
Salt to taste

1. Line a baking sheet with parchment paper or a silicone baking mat.
2. Place the jackfruit in a food processor and pulse about five times, until broken up into smaller pieces.
3. Pour the beans into a bowl and use a potato masher to mash them until creamy but still chunky. Add the jackfruit, green onions, brown rice, chickpea flour, mayonnaise, Old Bay, liquid aminos, parsley, kelp granules, garlic powder, salt, and pepper and stir together until combined. The mixture should hold together when you squeeze it. If it doesn't, add chickpea flour by the tablespoon until it does.
4. Scoop up ⅓ cup (80 ml) of the mixture and use your hands to shape it into a patty. Place the patty on the baking sheet. Repeat with the remaining mixture. You should have about 12 patties.
5. Heat a large frying pan, preferably cast iron, over medium heat. Pour in enough oil to coat the bottom and heat for 2 to 3 minutes. Line a plate with paper towels. Place three or four patties in the pan and cook for 3 to 4 minutes on each side, until crispy and browned all over. Place the cooked patties on the plate and top with more paper towels to absorb any excess oil. Repeat with the remaining patties, adding more oil as necessary, until all are cooked.
6. While the cakes are cooking, **make the aïoli:** Combine all the ingredients in a cup and stir together. Chill until ready to use.
7. Garnish the cakes with chopped green onions and serve with the aïoli on the side. Leftovers will keep in an airtight container in the fridge for 3 to 4 days.

VARIATIONS

- Alternatively, you can bake these crab cakes. Preheat the oven to 375°F (190°C). Leave the patties on the baking sheet. Spray the tops of the cakes lightly with olive oil. Bake for 10 minutes, flip them, spray with olive oil, and bake for another 10 minutes. Serve immediately.

- You can also put these cakes in a sandwich, using the aïoli as a spread. You will not regret it!

4

My kids think vegan food is weird.

KID-FRIENDLY VEGAN MEALS

It seems pretty certain that if you put a child in a room with a rabbit and an apple, she would choose to eat the apple and play with the rabbit. Instinctively, we all want to be friends with animals. We don't want to hurt them. But we're taught from a young age that, in the case of food, it's okay to harm these animals we naturally love. It's normal for kids to think that a new type of food is weird, but if they're shown that plants, not meat and dairy, are delicious *and* keep animals safe, then it'll just be a matter of time before they're on board with a new vegan lifestyle.

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PB&J Roll-Ups

Fruity Granola Bars

Bean & Cheese Quesadillas

Hidden Veggie Mac ‘n’ Cheese

SERVES 8

A game I liked to play with my stepkids, when they were younger, was to have them guess the “secret ingredient” in the dish they were eating. It made them pay attention to the food they were tasting, engage in a conversation at the table, and learn about different types of food and how they can taste different in various applications. It also allowed me to disguise their vegetables (which they didn’t want to eat), and they had fun with the meal rather than just suspiciously picking at it. When they learned that the mac ‘n’ cheese they were devouring was actually made from cauliflower (a detestable vegetable for one of them), they were amused, rather than horrified. This healthy recipe is composed of not one but three different vegetables, so you can feel good about giving them seconds—which they’ll definitely be asking for.

PREP TIME: 15 minutes (not including time make Pepita Parmesan)
ACTIVE TIME: 30 minutes

½ medium (1-pound/455 g) head cauliflower, broken into florets
2 large carrots, peeled and chopped
½ cup (70 g) diced radishes
1 pound (455 g) elbow macaroni (gluten-free if necessary)
1 cup (175 g) cooked great Northern beans
1 cup (240 ml) unsweetened nondairy milk (nut-free and/or soy-free if necessary)
¾ cup (55 g) nutritional yeast
¼ cup (60 ml) lemon juice
2 tablespoons no-salt-added tomato paste
2 tablespoons vegan butter (soy-free if necessary), melted
2 teaspoons white soy miso (or chickpea miso)
1 teaspoon onion powder
1 teaspoon garlic powder
½ teaspoon paprika
¼ teaspoon mustard powder
Salt and black pepper to taste
Pepita Parmesan , optional

1. Place the cauliflower, carrots, and radishes in a medium pot and cover with water. Bring to a boil and cook the vegetables until easily pierced with a fork, 8 to 10 minutes. Remove from the heat and drain. Set aside.
2. Fill a large pot with water and bring to a boil. Once boiling, add the pasta and cook according to the package instructions until al dente. Remove from the heat, drain well, and return the pasta to the pot.
3. Transfer the vegetables to a food processor or blender. Add the beans, milk, nutritional yeast, lemon juice, tomato paste, butter, miso, onion powder, garlic powder, paprika, and mustard powder. Process until smooth. Add the sauce to the cooked pasta and stir to combine. Return to the stove and heat over medium heat, stirring occasionally, for 3 to 4 minutes, until heated through and the sauce has thickened. Serve immediately topped with Pepita Parmesan (if using). Refrigerate any leftovers in an airtight container for 4 to 5 days.

Tempeh Nuggets

MAKES 40 NUGGETS

One dish that I know will always be a hit with both kids is the "chickenless" nuggets we get at the freezer section of the grocery store. While those are super convenient, I wish I'd come up with this recipe much sooner, giving them a healthier and more cost-effective way to enjoy one of their favorites. This twist on the old fast-food classic replaces chicken with flavor-infused tempeh coated in crispy bread crumbs. Once your kids try these cuties, you'll be spending a little less time in the freezer aisle of your grocery store.

PREP TIME: 10 minutes
ACTIVE TIME: 30 minutes
INACTIVE TIME: 30 minutes

Two 8-ounce (225 g) packages tempeh
3 cups (750 ml) low-sodium "no-chicken" flavored vegetable broth (or regular vegetable broth)
2 tablespoons liquid aminos
1 teaspoon dried thyme
1 teaspoon dried marjoram
¾ cup (170 g) plain vegan yogurt (preferably unsweetened, nut-free if necessary)
¼ cup (60 ml) unsweetened nondairy milk (nut-free if necessary)
3 tablespoons tahini (gluten-free if necessary)
½ teaspoon salt
½ teaspoon onion powder
½ teaspoon garlic powder
¼ teaspoon smoked paprika
1½ cups (120 g) vegan panko bread crumbs (gluten-free if necessary)
3 tablespoons nutritional yeast
Olive oil spray
Ketchup (or vegan barbecue sauce; homemade or store-bought), for dipping

1. Chop each block of tempeh into about 20 chunks, making 40 total nuggets.
2. Combine the broth, liquid aminos, thyme, and marjoram in a large pot. Place the tempeh in the pot and bring to a boil. Once boiling, reduce to a simmer and let the tempeh simmer for about 20 minutes. Remove from the heat and drain (you can save

the liquid for another time you need to cook with broth or add a bit of liquid to your pan; it should keep in the fridge for a couple of weeks). Set the tempeh aside to cool until you can handle it.

3. While the tempeh is cooling, combine the yogurt, milk, tahini, salt, onion powder, garlic powder, and paprika in a shallow bowl. In another shallow bowl, combine the bread crumbs and nutritional yeast.
4. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper or a silicone baking mat.
5. Use one hand to dredge a piece of tempeh in the yogurt mixture and your other hand to toss it in the bread crumbs until fully coated. Place the nugget on the prepared baking sheet. Repeat with the remaining nuggets.
6. Lightly spray the tops of the nuggets with olive oil. Bake for 12 minutes, flip them and spray the tops with olive oil again, and return to the oven for 12 minutes more, or until crispy and golden. Serve immediately with your choice of dipping sauces. Leftovers will keep in an airtight container in the fridge for 3 to 4 days.

Cheesy Trees

SERVES 4, WITH EXTRA SAUCE

I've had a rocky relationship with broccoli for as long as I can remember. My parents gave up on trying to make me eat it, but one time, at a friend's house, my friend's parents served us some broccoli covered in a melty cheese sauce. They informed us that they were "cheesy trees." My friend excitedly grabbed her fork and dove in, but they couldn't pull the eco-friendly cotton over my eyes—I knew that they were trying to trick me into eating broccoli! I wasn't as much of a sucker as my friend apparently was, but trying to be a polite guest, I grabbed my fork with the intention of taking a couple of bites and then "being full." Much to my surprise, these little trees were pretty tasty! I replicated that awesome trick by making a simple creamy cheese sauce to pour over little trees (or any other "problem" vegetable).

PREP TIME: 10 minutes
ACTIVE TIME: 15 minutes
INACTIVE TIME: 60 minutes

1 cup (175 g) chopped Yukon gold potatoes
½ cup (70 g) peeled, chopped carrot
1 bunch (1 pound/455 g) broccoli chopped into florets
¼ cup (40 g) raw cashews, soaked in warm water for 1 hour and drained, water reserved
¾ cup (180 ml) reserved soaking water
¼ cup (15 g) nutritional yeast
2 tablespoons lemon juice
1 tablespoon olive oil
½ teaspoon onion powder
½ teaspoon garlic powder
½ teaspoon salt
Salt and black pepper to taste

1. Place the potatoes and carrots in a medium pot and cover with water. Bring to a boil and cook for 8 to 10 minutes, until the vegetables are easily pierced with a fork.
2. While you're boiling the potatoes and carrots, place the broccoli in a steamer basket over a pot of boiling water and cover. Steam the broccoli until tender, 8 to 10 minutes. Once tender, remove from the heat but keep warm until ready to serve.

3. Drain the potatoes and carrots and transfer them to the blender. Add the cashews, reserved soaking water, nutritional yeast, lemon juice, olive oil, onion powder, garlic powder, and salt. Blend until completely smooth.
4. Serve the broccoli with a pinch of salt and pepper and a few dollops of cheese sauce. Store any leftover cheese sauce in an airtight container in the fridge for 3 to 4 days.

VARIATION

- If your kids don't like broccoli, try using cauliflower or another vegetable they like instead.

PB&J Roll-Ups

MAKES 4 ROLL-UPS, WITH EXTRA SPREAD

Even if your kids are skeptical of vegan food, keep in mind that some of their favorite foods may already be vegan. Peanut butter and jelly sandwiches fall into that category. There's no need to change anything up, but if you want to pack a little more protein into your kids' lunches, you can mix silken tofu into the peanut butter, as I do in this recipe. It also gives it a really creamy texture that kids love. These simple wraps are a high-protein twist on the classic sandwich, and allow you to serve your kids plant-based food without the scrunched up noses and full-on interrogation that normally come with serving them vegan meals.

PREP TIME: 5 minutes
ACTIVE TIME: 5 minutes

1 cup (260 g) peanut butter (or nut or seed butter of your choice)
Half of a 12-ounce (340 g) vacuum-packed block extra firm silken tofu
1 tablespoon maple syrup, optional
Salt to taste, optional
4 large flour tortillas (or brown rice tortillas or lavash wraps)
1 pound (455 g) strawberries, hulled and sliced

1. Combine the peanut butter, tofu, maple syrup (if using), and salt (if using) in a food processor and process until smooth.
2. Spread 2 to 3 tablespoons of the peanut butter spread on a tortilla. Make a layer of strawberry slices on top of the peanut butter. Roll up the tortilla into a log. Chop into three or four sections. Repeat with the remaining tortillas.
3. Serve immediately. To serve later, wrap each roll-up (all sections) in plastic wrap and refrigerate, if possible (if it's in a lunch box for a few hours, it will be fine). Any leftover peanut butter spread will keep in an airtight container in the fridge for about 7 days.

VARIATION

- Replace the strawberries with thinly sliced apples, bananas, or other fruit.

Fruity Granola Bars

MAKES 12 BARS

Granola bars are a great snack for kids because they're portable and can be kept on hand for when your child's blood sugar drops and he gets cranky, and also because they're tasty and resemble rectangular cookies. Though there are many vegan granola bars on the market, quite a few others contain dairy or honey, and even more contain a slew of questionable ingredients and loads of sugar that you probably don't want your kids eating on a regular basis. Making your own granola bars is quick and cost effective, and your kids will love them. Plus, you'll be happy to know that since these are naturally sweetened by dates and apple juice, they're a much healthier choice than the ones sweetened with a ton of sugar or corn syrup. Everybody wins.

PREP TIME: 5 minutes
ACTIVE TIME: 10 minutes
INACTIVE TIME: 80 minutes

1 cup (165 g) pitted Medjool dates

½ cup (130 g) peanut butter (or almond butter or nut or seed butter of your choice)

¼ cup + 2 tablespoons (90 ml) apple juice

¼ cup (60 ml) coconut oil, melted

1 teaspoon vanilla extract

½ teaspoon salt

2½ cups (240 g) rolled oats (certified gluten-free if necessary)

¾ cup (110 g) chopped dried fruit (cherries, apricots, raisins, blueberries, apples, peach, and/or mango)

½ cup (80 g) chopped nuts (almonds, pecans, walnuts, cashews, pistachios, and/or peanuts; see Variation)

½ cup (60 g) sunflower (or pepitas/pumpkin seeds, or mixture of both)

1. Preheat the oven to 300°F (150°C). Line a 9 × 13-inch (23 × 33 cm) baking dish with parchment paper.
2. Combine the dates, nut butter, apple juice, coconut oil, vanilla, and salt in a food processor and process until smooth. Set aside.
3. In a large bowl, stir together the oats, dried fruit, nuts, and seeds. Add the date mixture and stir until combined. Pour into the prepared baking dish and use a silicone spatula to flatten and smooth it.

4. Bake for 20 minutes, or until lightly golden, then remove from the oven and let cool completely before transferring to the refrigerator to chill for at least 1 hour.

5. Remove from the refrigerator and use the parchment paper to lift the granola out of the baking dish. Slice into 12 bars. Store in an airtight container in the fridge. The bars will keep for 7 to 10 days.

VARIATION

- To make these bars nut-free, use a seed butter and replace the nuts with more sunflower and/or pepitas.

Bean & Cheese Quesadillas

GFO SFO PA

MAKES 4 QUESADILLAS

When I was a kid, I really liked to pronounce *quesadillas* as "case-a-dill-ahs." Okay, full disclosure: I still like pronouncing it that way. A good tip, though, is to never pronounce it that way while ordering it in a restaurant, unless you love getting dirty looks from waiters. You can avoid that little faux pas by making your own case-a-dill-ahs at home. They're ridiculously simple and I don't know anyone who doesn't like them. These case-a-dill-ahs are filled with protein-packed refried beans and rich, creamy cashew cheese. Your kids will probably like them plain, but you can deck them out with guacamole and salsa for yourself.

PREP TIME: 15 minutes (not including time to make 15-Minute Refried Beans and Basic Cashew Cheese Sauce)
ACTIVE TIME: 10 minutes

2 cups (560 g) 15-Minute Refried Beans
4 flour tortillas (gluten-free if necessary)

Basic Cashew Cheese Sauce

Salsa and/or guacamole

1. Spread ½ cup (140 g) of the beans on one half of a tortilla. Drizzle cheese sauce over the beans. Gently fold the other side of the tortilla over the beans and cheese. Repeat with the remaining tortillas.
2. Heat a large frying pan, preferably cast iron, over medium-heat. Place one to two (if they'll both fit) quesadillas in the pan and cook for 3 to 4 minutes on each side, until golden and crispy. Transfer them to a plate and cover with aluminum foil to keep warm. Repeat with the remaining quesadillas. Serve immediately with salsa and/or guacamole.

TIP

- To make these quesadillas come together in a snap, you can prepare the refried beans and/or the cheese sauce in advance. It's also a great way to use up any leftover refried beans you may have from making Mexican Pizza with 15-Minute Refried Beans .
- To ensure that this dish is soy-free, remember to use coconut aminos in the refried beans and chickpea miso in the cashew cheese sauce.

5

My teenagers just want to “fit in” with their friends when it comes to what they eat.

VEGAN FOOD COOL ENOUGH FOR SPORTS GAMES, SLEEPOVERS, AND JUST HANGING OUT

I think we can all agree that the teenage years are not the easiest. I mean, with problematic skin, waiting to get your driver’s license, and feeling like your parents just don’t understand, it’s all topped off with wanting to fit in with your friends. That may not seem easy on a vegan diet, especially when all of your kids’ classmates are going out for burgers and milkshakes after school. You can make it easier for them by making plant-based meals they’ll be stoked to share with their friends on any occasion.

IN THIS CHAPTER

Make-Your-Own Cheese Pizza

Smashed Lentil Tacos

Tempeh Sloppy Joe Sliders

Tater Totchos

Just Fries

Hot Fudge Ice Cream Sundaes

Make-Your-Own Cheese Pizza

MAKES 1 LARGE PIZZA, WITH EXTRA SAUCE

When you have a houseful of teenagers, some-times you just want to hide away in your bedroom with a good book and a glass of wine. I get it. The last thing you want to do is actually get in the middle of that wild crowd and try to prepare their dinner. If your local pizza delivery joint doesn't offer vegan cheese, don't fret! You can whip up the tomato sauce below and some Basic Cashew Cheese Sauce in a snap and leave them out, along with some store-bought pizza crusts and various toppings, leaving the horde of wild ones to make their own pizzas. The only thing left for you to do is decide between white or red wine.

PREP TIME: 20 minutes (not including time to make Basic Cashew Cheese Sauce or your own pizza dough)
ACTIVE TIME: 25 minutes

pizza sauce

One 15-ounce (425 g) can no-salt-added tomato sauce

One 6-ounce (170 g) can no-salt-added tomato paste

1 tablespoon extra virgin olive oil

1 teaspoon dried basil

1 teaspoon dried oregano

2 pinches of garlic powder

½ cup (120 ml) water

Salt and black pepper to taste

pizzas

1 or more individual store-bought pizza crusts (or you can use your favorite pizza dough recipe—most are vegan; use gluten-free if necessary)

Basic Cashew Cheese Sauce

Assorted pizza toppings, such as sliced mushrooms, bell peppers, red onion, artichoke hearts, chopped fresh tomatoes, sundried tomatoes, olives, pineapple, chopped fresh basil

Sliced vegan sausage, chopped chickenless strips, or beefless crumbles, optional

1. **To make the pizza sauce:** Combine the tomato sauce, tomato paste, olive oil, basil, oregano, garlic powder, and water in a medium pot and bring to a boil. Reduce to a simmer and cook, stirring occasionally, for 15 to 20 minutes, until thickened.

2. While the sauce is simmering, follow the instructions for your pizza crust(s) or pizza dough recipe for preheating the oven and preparation. Prepare your toppings and place them on a tray or set them out on the counter, getting them ready for the teens to invade.
3. Once the oven is hot, spread sauce on top of the crust(s), leaving 1 inch (2.5 cm) around the perimeter. Drizzle or spoon the cheese sauce over the top, using as much or as little as you like. If the crusts are small enough, everyone can add make their own individual pizza. If the crusts are large, you can let each person add toppings of their choice to half of a pizza.
4. Bake the pizza(s) according to the recipe instructions. Once done, remove the pizza(s) from the oven, slice, and serve.

Smashed Lentil Tacos

MAKES 12 TACOS

After picking my stepson up from his friend's house one day, I asked him what they did all afternoon. He told me that the three of them had gone to a local fast-food taco joint and ordered a ridiculous amount of tacos. They then proceeded to hold a contest to see who could eat the most tacos the fastest. This sort of stunt makes me very nervous (what if someone chokes?!), but teens will be teens. These tacos come together very quickly and make a large number, should there be a crowd or some sort of crazy contest. Maybe just volunteer to referee the event?

PREP TIME: **15 minutes** (not including time to make Pepperjack Cheese Sauce)
ACTIVE TIME: **35 minutes**

1 quart (1 L) low-sodium vegetable broth
2 cups (420 g) brown lentils, rinsed and picked through
2 teaspoons ancho chile powder
2 teaspoons ground cumin
1½ teaspoons ground coriander
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon smoked paprika
3 tablespoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
2 tablespoons lime juice
Salt and black pepper to taste
12 corn tortillas
Shredded cabbage
Guacamole or sliced avocado, optional
Salsa, optional
Pepperjack Cheese Sauce , optional

1. In a medium pot, combine the broth, lentils, ancho chile powder, cumin, coriander, garlic powder, onion powder, and paprika. Cover the pot and bring to a boil. Once boiling, crack the lid and reduce the heat to a simmer. Let simmer until the liquid has cooked away, 15 to 20 minutes. Remove from the heat.

2. Add the liquid aminos, lime juice, salt, and pepper. Use a potato masher to smash the lentils until they slightly resemble taco meat.
3. While the lentils are cooking, you can prepare the tortillas. Heat a large frying pan, preferably cast iron, over medium heat. Place a tortilla in the pan and once the edges begin to curl up (after about 30 seconds), flip and cook for another 30 seconds. Place the heated tortilla on a plate and cover with aluminum foil. Repeat with the remaining tortillas.
4. To serve, scoop a bit of the smashed lentils onto a tortilla. Top with cabbage, and add guacamole, salsa, and/or cheese sauce (if using).

Tempeh Sloppy Joe Sliders

SERVES 8

I have a few meals in my arsenal that are guaranteed to be winners among everyone in the household. Meals that I enjoy, that my husband goes crazy over, and that the kids will also eat with enthusiasm. Meals that we all love equally. Sloppy Joes are one of those meals. This tempeh-based version has an extra meaty texture and bursts with bold, tomatoey flavor. It's also a pretty quick dish and can be paired with a variety of sides, like Creamy, Crunchy Coleslaw , Ranch-Seasoned Corn on the Cob , or even Just Fries .

PREP TIME: 5 minutes
ACTIVE TIME: 20 minutes

1 teaspoon olive oil
1 medium red onion, diced
1 red bell pepper, diced
2 garlic cloves, minced
Two 8-ounce (225 g) packages tempeh (soy-free if necessary), crumbled
½ cup (120 ml) low-sodium vegetable broth (or water)
One 15-ounce (425 g) can no-salt-added crushed tomatoes
One 6-ounce (170 g) can no-salt-added tomato paste
¼ cup (60 ml) liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
2 tablespoons maple syrup
1½ teaspoons ground cumin
1 teaspoon dried parsley
1 teaspoon dried thyme
1 teaspoon smoked paprika
Salt and black pepper to taste
16 slider or 8 full-size vegan burger buns (gluten-free if necessary)
Vegan mayonnaise (soy-free if necessary), optional
Sliced avocado, optional

1. Heat the olive oil in a large, shallow saucepan over medium heat. Add the onion and cook until slightly translucent. Add the bell pepper and garlic and cook for a couple of minutes more, until the garlic is fragrant. Add the tempeh, broth, crushed tomatoes, tomato paste, liquid aminos, maple syrup, cumin, parsley, thyme, and paprika. Cook,

stirring occasionally, until the tempeh is tender and the sauce is thick, 10 to 12 minutes. Add the salt and pepper, then remove from the heat.

2. Serve on the burger buns, slathered with mayonnaise and topped with avocado (if using).

Tater Totchos

GFO NF SFO

SERVES 6 TO 8

According to very official scientific research, there are five things that are always sure to go over well with teenagers: sleep, Netflix, nachos, Tater Tots, and hanging out with friends. One way to combine as many of those as possible is to make nachos with Tater Tots and let the teens eat them with their friends. Because these totchos are topped with savory black beans and a vegetable-based nacho sauce, the teens will actually be devouring a pretty well-balanced meal. You can also try replacing the tots with Just Fries or plain ol' tortilla chips. You'll have some happy campers on your hands in any case.

PREP TIME: 10 minutes
ACTIVE TIME: 30 minutes

One 32-ounce (910 g) bag frozen potato tots (most are vegan, but be sure to double-check before buying)

nacho cheese sauce

1 cup (175 g) chopped Yukon gold potatoes
½ cup (70 g) peeled, chopped carrot
¾ cup (180 ml) water
¼ cup (15 g) nutritional yeast
2 tablespoons tahini (gluten-free if necessary)
1½ tablespoons pickled jalapeño juice
1 tablespoon canned diced green chiles
1 tablespoon lime juice
2 teaspoons sunflower oil (or grapeseed oil), optional
1 scant tablespoon minced pickled jalapeño, optional
1 teaspoon ground cumin
½ teaspoon onion powder

beans

1 teaspoon olive oil
1 medium red onion, diced
2 garlic cloves, minced
1 red bell pepper, diced
3 cups (525 g) cooked black beans (or two 15-ounce/425 g cans, rinsed and drained)
¼ cup (60 ml) liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
2 teaspoons ground cumin
2 teaspoons ancho chile powder
1 teaspoon ground coriander

½ teaspoon paprika

3 tablespoons canned diced green chiles

Juice of 1 lime

Salt and black pepper to taste

Optional toppings: chopped green onions, chopped fresh tomato, pickled jalapeños, guacamole or chunks of avocado, vegan sour cream

1. Preheat the oven and bake the tots according to the package instructions.
2. While the tots are baking, **make the nacho cheese sauce:** Place the potatoes and carrots in a medium pot and cover with water. Bring to a boil and cook until the vegetables are easily pierced with a fork, 8 to 10 minutes.
3. Drain the vegetables and transfer them to your food processor. Add the water, nutritional yeast, tahini, pickled jalapeño juice, green chiles, lime juice, sunflower oil (if using), pickled jalapeño (if using), cumin, and onion powder. Process until completely smooth. Set aside.
4. **To make the beans:** Heat the olive oil in a large frying pan over medium heat. Add the onions, garlic, and red bell pepper. Sauté until the onions are slightly translucent. Add the beans, liquid aminos, cumin, ancho chile powder, coriander, and paprika. Cook until the liquid has been absorbed and the beans are heated through. Add the green chiles and lime juice and cook until the liquid has been absorbed, about 1 minute. Remove from the heat and add salt and pepper.
5. Spread out the tots on a large platter or small baking sheet. Top with the beans, then drizzle the sauce over the beans. If desired, top with green onions, tomato, jalapeños, guacamole, and/or sour cream. Serve immediately.

TIP

- If you're serving a thunder of hungry teens (*thunder* is actually the collective noun for hippos, but I think it's applicable here, too) you can double up on the tots, without having to adjust the amounts of the other ingredients.

Just Fries

GF NF SF

MAKES AS MUCH AS YOU WANT

I can remember back in high school, going through the fast-food drive-thru with my one friend who had a car and getting just fries. We would sit in the car, listen to music (like cool kids do), and drizzle ketchup from those little packets all over our fries and eat them right there. It warms my heart when I see my stepkids doing the same thing—getting excited over a big serving of crispy-on-the-outside, soft-on-the-inside fries—though they're not from a drive-thru window. I don't know what the connection between teens and fries is, but it's definitely a thing. And bonus: These don't have to be eaten all on their own! They can be served up alongside some Tempeh Sloppy Joe Sliders or Double-Double Cheeseburgers .

PREP TIME: 10 minutes
ACTIVE TIME: 10 minutes
INACTIVE TIME: 25 minutes

Olive oil spray

1 russet potato per person (or ½ potato per person if using as a side dish), peeled (see Tip)

Salt and black pepper to taste

Garlic powder, optional

Vegan sauces (such as ketchup, barbecue sauce, mustard, or ranch dressing; gluten-free, nut-free, and/or soy-free if necessary), for dipping

1. Preheat the oven to 450°F (230°C). Line baking sheets with aluminum foil—you can fit about 2 potatoes per baking sheet, so do the math. Lightly spray the foil with olive oil.
2. Slice each potato into similarly sized strips or wedges. It's important that they're equal size so that they cook evenly.
3. Spread out the fries on the prepared baking sheets. Spray a light coating of olive oil over the fries. Sprinkle them with salt, pepper, and garlic powder (if using). Toss to coat and rearrange the slices on the sheet so they're not touching (as much as possible). This will help them get more crispy.
4. Bake for 25 to 30 minutes, flipping them once halfway through to ensure even cooking. Once they're crispy and lightly browned on the outside but easily pierced with a fork, they're ready. Remove from the oven and serve immediately with the preferred dipping sauce(s).

TIP

- You don’t need to peel the potatoes if you’re in a hurry, but I recommend it—it really makes a difference in flavor and texture.

Hot Fudge Ice Cream Sundaes

SERVES 8

When I went to a sleepover at a friend's house when I was about fourteen, my friend's mom made a mini ice cream sundae bar and let us build our own sundaes to eat while we watched *Ghostbusters* for the 900th time. Instantly, my friend's mom became *the coolest mom I had ever met* . The lesson to be learned here is that if you want to be the cool parent, ice cream sundaes are in order . . . and don't skimp on the toppings! If you don't want to make your own ice cream, check your local grocery store for vegan ice cream—there are a ton of wonderful brands available these days!

PREP TIME: 15 minutes (not including time to make Vanilla Whipped Cream)
ACTIVE TIME: 30 minutes
INACTIVE TIME: 6 hours

vanilla ice cream

1½ cups (225 g) raw cashews, soaked in warm water for 1 hour and drained, water discarded

One 13.5-ounce (400 ml) can coconut milk

½ cup (120 ml) maple syrup

1 tablespoon arrowroot powder

2 tablespoons grapeseed oil (or sunflower oil)

1½ teaspoons vanilla powder

1 teaspoon vanilla extract

¼ teaspoon salt

hot fudge

½ cup (90 g) vegan chocolate chips (or chunks)

1 cup (240 ml) lite coconut milk

¼ cup (25 g) cocoa powder

¼ cup (40 g) brown sugar (or coconut sugar)

2 tablespoons coconut oil, melted

1 tablespoon arrowroot powder

¼ teaspoon salt

toppings (all optional)

Vanilla Whipped Cream

Chopped nuts (such as almonds, peanuts, pecans)

Chopped fruit (such as strawberries, bananas, mango)

Vegan chocolate chips

Vegan sprinkles

Vegan marshmallows (soy-free if necessary)

Crumbled vegan cookies (gluten-free if necessary)

Caramel Cashew Granola (or store-bought vegan granola)

Maraschino cherries

1. **To make the ice cream** : Combine the cashews, coconut milk, maple syrup, arrowroot, oil, vanilla powder, vanilla extract, and salt in a blender and blend until completely smooth. Refrigerate until completely chilled, about 2 hours.
2. Process in your ice cream maker, according to the manufacturer's instructions. When the ice cream reaches the consistency of a thick soft-serve, transfer to a glass or metal bowl. Place a piece of parchment paper on top of the ice cream to prevent contact with air (thus reducing freezer burn), then cover the bowl with plastic wrap. Freeze the ice cream for at least 3 or 4 hours before serving. You may need to let the ice cream soften for about 5 minutes before serving.
3. **To make the hot fudge** : Melt the chocolate in a double boiler or a heatproof bowl on top of a pan of boiling water, stirring frequently, until completely smooth. While the chocolate is melting, whisk together the coconut milk, cocoa powder, sugar, coconut oil, arrow-root, and salt in a medium bowl.
4. Slowly whisk the milk mixture into the melted chocolate and stir until heated through, 1 to 2 minutes. Remove from the heat. If you make this in advance, once it has cooled, you can refrigerate the sauce in an airtight container. It will get very thick, so you will have to reheat it before serving.
5. Prepare all of the toppings you plan on serving. To assemble, scoop as much ice cream as desired into a bowl, drizzle hot fudge all over it, and top with all the preferred toppings.

VARIATIONS

- Chocolate Ice Cream: Replace the vanilla powder with ½ cup (50 g) unsweetened cocoa powder.
- Peanut Butter Ice Cream: Replace the cashews with unsalted peanuts.
- If you want to mix things into the ice cream (nuts, fruit, cookie dough, whatever), add them to the ice cream during the last few minutes of churning in the machine.

6

If forced to choose between chicken wings and me, my spouse would choose the wings.

VEGAN FOOD FOR YOUR "MEAT AND POTATOES" FAMILY MEMBERS

I think we all have at least one family member, be it a spouse or not, who demands to eat big, hearty, meaty meals and is insulted at the offer of a salad. They're probably the first to speak up against a vegan diet because it threatens the lifestyle they hold so dear—waiting in line for tacos at the greasiest taco truck in town, downing buffalo wings while watching the game, and proudly touting their I HONK FOR BURGERS bumper sticker. Little do they know how exciting, "beefy," and substantial vegan food can be!

IN THIS CHAPTER

Cheese-Stuffed Meatballs

Ultimate Twice-Baked Potatoes

Double-Double Cheeseburgers

Beer-Marinated Portobello Tacos with Avocado-Corn Salsa

Lazy Vegan Chile Relleno Casserole

Jackfruit Carnitas Burrito Bowl

Cheese-Stuffed Meatballs

SERVES 4

These meatballs take a little extra work because you stuff them with cheese sauce while forming them, but the look on your loved one's faces when you present them with a pile of pasta and sauce topped with these hearty meatballs makes it all worth it. Be sure to watch how big their eyes get when they bite into them and taste the gooey cheese melted in the center. It's such a wonderful twist on the traditional spaghetti with meatballs, nobody will be missing the original.

PREP TIME: 15 minutes (not including time to make Smoked Gouda Cheese Sauce and Sun-Dried Tomato Marinara Sauce)
ACTIVE TIME: 55 minutes

1 teaspoon olive oil
½ cup (65 g) chopped yellow onion
2 garlic cloves, minced
8 ounces (225 g) cremini mushrooms (or button mushrooms), diced
One 15-ounce (425 g) can red beans, rinsed and drained
¼ cup (10 g) chopped fresh parsley
¾ cup (60 g) vegan panko bread crumbs (gluten-free if necessary), plus more if needed
2 tablespoons nutritional yeast (or use more bread crumbs)
2 tablespoons liquid aminos (use coconut aminos to be soy-free)
1½ teaspoons dried basil
1½ teaspoons dried oregano
Salt and black pepper to taste
Smoked Gouda Cheese Sauce, Melty Variation (see Tip)
12 ounces (340 g) spaghetti or other pasta (gluten-free if necessary), optional
4 cups (960 ml) Sun-Dried Tomato Marinara Sauce (or store-bought vegan marinara sauce)

1. Heat the olive oil in a large shallow saucepan over medium heat. Add the onion, garlic, and mushrooms and sauté until the mushrooms are browned and tender and the onions are translucent. Remove from the heat. Transfer to a food processor along with the beans and parsley and pulse until combined and the mixture is mostly uniform, but still a bit chunky.

2. Transfer to a large bowl along with the bread crumbs, nutritional yeast, liquid aminos, basil, oregano, salt, and pepper. Stir with a spoon or use your hands to make sure the mixture is thoroughly combined. It should stick together when squeezed. If it's still too wet, add more bread crumbs.
3. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper or a silicone baking mat.
4. Scoop up 1 tablespoon of the mixture and roll it into a ball. Use your finger to press a little hole in the middle and shape the mixture into a tiny "bowl." Scoop ½ to ¾ teaspoon of the cheese sauce into the "bowl." Take another tablespoon of the meatball mixture, shape it into a ball, then slightly flatten it into a "dome." Place the dome on top of the meatball bowl, then use your fingers to seal the edges and shape it again into a ball. Place on the baking sheet and repeat with the remaining mixture.

5. Bake for 30 to 35 minutes, flipping once halfway through.

6. While the meatballs are in the oven, cook the pasta (if using): Bring a large pot of water to a boil and add the pasta. Cook according to the package instructions until al dente. Drain and set aside.
7. Heat the marinara sauce while the meatballs are baking.
8. Serve the meatballs on their own, covered in sauce, or on top of the pasta. Leftover meatballs and sauce will keep in an airtight container in the fridge for 3 to 4 days.

TIP

- It's best to use the cheese after it's been cooked and allowed to rest for a while (or even chilled). If you have some leftover cheese from the Avocado Melt or French Onion Soup , it would be perfect for this dish since it's already thickened and firmed up a bit. If you don't have any leftover cheese, make it while you're cooking the vegetables (step 1) and let it rest or chill until ready to use.

VARIATION

- You can also try using the melty variation of any of the other Basic Cashew Cheese Sauce flavors. They'll each add their own flair to the dish.

Ultimate Twice-Baked Potatoes

SERVES 4

Here's what we're talking about: crispy little potato boats filled with creamy mashed potatoes mixed with chunks of meaty mushrooms, herbs, and green onions, and topped with Quick Bacon Crumbles and a velvety cheese sauce. I know a lot of you stopped reading and went into a daze upon seeing "potato boats," so here's the simple version: mashed potatoes + deliciousness + bacon + cheese + crispy shell = happy taste buds.

PREP TIME: 10 minutes (not including time to make Smoked Gouda Cheese Sauce and Quick Bacon Crumbles)
ACTIVE TIME: 20 minutes
INACTIVE TIME: 70 minutes

4 large russet potatoes, scrubbed and dried
Olive oil spray
8 ounces (225 g) cremini mushrooms (or button mushrooms), sliced
2 tablespoons vegan butter (soy-free if necessary)
½ cup (120 ml) unsweetened nondairy milk (soy-free if necessary)
1 teaspoon dried thyme
1 teaspoon dried parsley
1 teaspoon onion powder
1 teaspoon garlic powder
Salt and black pepper to taste
¾ cup (75 g) chopped green onions (green and white parts)
Smoked Gouda Cheese Sauce
Quick Bacon Crumbles

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper or a silicone baking mat. Place the potatoes on the baking sheet and stab a fork into them about four times each to create holes for steam to escape. Spray them with olive oil. Bake for 1 hour, then remove from the oven and let cool. Reduce the heat to 350°F (180°C).
2. While the potatoes are baking, heat a large frying pan over medium heat. Brown the mushroom slices, stirring occasionally, for 10 to 12 minutes. When they're done, they should be tender and golden brown. Remove from the heat and set aside.

3. When they're cool enough to handle, slice the potatoes in half lengthwise. Use a spoon to scoop out the insides of each half into a large bowl, leaving a very thin layer close to the skin to help the skin hold its shape. Mash the potatoes until mostly smooth with small chunks. Add the butter, milk, thyme, parsley, onion powder, garlic powder, salt, and pepper and stir until combined. Fold the mushrooms and ½ cup (50 g) of the green onions into the mixture.
4. Scoop the mixture back into the hollowed-out skins. Return them to the oven and bake for another 20 minutes. Remove from the oven. Drizzle cashew cheese over each potato, then sprinkle the bacon crumbles and the remaining green onions on top. Serve immediately. Keep any leftovers in an airtight container in the fridge for 1 to 2 days.

Double-Double Cheeseburgers

SERVES 4

You know those people who say that there's no way a simple veggie burger could satisfy their mighty appetite? Do you know what I say to them? Nothing, actually. I just shove into their face two lentil-mushroom burger patties, covered in cheese and cradled in a bun with all the fixings, and make them eat that while I watch. Okay, I don't *actually* watch because I'm usually eating my own burger, but you get the picture.

PREP TIME: 25 minutes (not including time to make Basic Cashew Cheese Sauce)
ACTIVE TIME: 30 minutes
INACTIVE TIME: 20 minutes

1 teaspoon olive oil
½ medium yellow onion, chopped
2 garlic cloves, minced
8 ounces (225 g) cremini mushrooms (or button mushrooms), sliced
2 cups (220 g) cooked lentils
2 tablespoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
2 tablespoons nutritional yeast
1 tablespoon vegan Worcestershire sauce (gluten-free and/or soy-free if necessary), optional
1 teaspoon ground cumin
1 teaspoon dried parsley
½ teaspoon smoked paprika
½ teaspoon salt
Black pepper to taste
1 cup (100 g) rolled oats (certified gluten-free if necessary), plus more if needed
½ cup (60 g) quinoa flour
3 tablespoons almond flour
2 tablespoons flax meal

4 vegan burger buns (gluten-free if necessary)
Basic Cashew Cheese Sauce
Optional burger fixings: ketchup, mustard (gluten-free if necessary), vegan mayonnaise (soy-free if necessary), relish, lettuce, sliced tomatoes, sliced red onion, pickles

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. Heat the oil in a large frying pan over medium heat. Add the onion, garlic, and mushrooms and sauté until the mushrooms are tender and the onions are translucent, 4 to 5 minutes. Remove from the heat and transfer to a food processor. Add 1 cup (110 g) of the lentils, the liquid aminos, nutritional yeast, Worcestershire sauce (if using), cumin, parsley, paprika, salt, and pepper. Pulse until fully combined and all pieces are similar in size.
3. Transfer to a large bowl. Add the remaining lentils, the oats, quinoa flour, almond flour, and flax meal and mix until a thick dough forms. If it's too liquidy, add more oats. If it's too dry, add water by the tablespoon until it's no longer crumbly. It should hold together without crumbling when squeezed.
4. Use your hands to form the mixture into 8 patties and place them on the baking sheet. Bake for 20 minutes, flipping once halfway through to ensure even cooking. Drizzle cheese sauce over the tops and bake for another 5 minutes.
5. To assemble, spread ketchup, mustard, mayonnaise, and/or relish on the top and bottom halves of the buns. Place some lettuce on the bottom bun and stack two patties on top. Top the patties with tomato, red onion, and/or pickles, as desired. Serve immediately. Leftover burgers will keep in an airtight container in the fridge for 4 to 5 days.

VARIATION

- You can serve just one patty per bun, for 8 regular cheeseburgers.

Beer-Marinated Portobello Tacos with Avocado-Corn Salsa

MAKE 8 TACOS

Guess what? Marinating food in beer isn't just for meat anymore! Woohoo! What that means for us is that we can drench meaty chunks of portobello mushrooms in beer and other spices, pan-fry them, and throw them in tacos, smothered in avocado-corn salsa. Sound too good to be true? It's not. Get over your astonishment, pop open a bottle of beer, and after you're done drinking it, pop open another bottle and start cooking!

PREP TIME: 25 minutes
ACTIVE TIME: 35 minutes
INACTIVE TIME: 15 minutes

1½ cups (360 ml) vegan pale or blonde ale (Ground Breaker Brewing IPA No. 5 and Brunehaut Bio Blonde are both vegan and gluten-free)
Juice of 1 lime
1 teaspoon ground cumin
½ teaspoon garlic powder
4 portobello mushrooms, stemmed, gills scraped, cut into 1-inch (2.5 cm) slices
Sunflower oil, for cooking
6 to 8 corn tortillas (or small flour tortillas)

avocado-corn salsa

2 avocados, pitted, peeled, and diced
1 cup (140 g) corn kernels (fresh or thawed frozen)
1 cup (50 g) chopped fresh cilantro
½ cup (135 g) chopped red onion
2 tablespoons lime juice
1 tablespoon chopped jalapeño
Salt to taste, optional

1. Combine the beer, lime juice, cumin, and garlic powder in a shallow baking dish. Add the portobello strips and toss to fully coat. Marinate for 30 minutes, moving the strips around every 10 minutes.

2. While the portobello strips are marinating, **make the salsa:** Combine all the ingredients in a bowl, cover, and chill until ready to use.
3. Heat a large frying pan, preferably cast iron, over medium heat. Add a couple of teaspoons of oil and tilt the pan around to evenly coat the bottom. Add about half of the portobello strips and cook for 10 to 15 minutes, turning every few minutes, until tender and slightly charred, and most of the liquid has been absorbed. Transfer the strips to a plate or bowl and cover with aluminum foil. Add another couple of teaspoons of oil to the pan and repeat with the remaining strips.
4. Heat a griddle or frying pan over medium heat (or just clean the pan you cooked the portobello strips in and reuse it). Cook the tortillas for 30 to 60 seconds on each side, placing them on a plate and covering with aluminum foil when they're done.
5. To serve, place a few portobello strips in a tortilla and top with the avocado-corn salsa. Leftovers will keep in the fridge in separate airtight containers for up to 4 days.

Lazy Vegan Chile Relleno Casserole

SERVES 3 OR 4

Casseroles are the lazy vegan's best friend. You get to just throw all the ingredients in a pan, put it in the oven, wait, and then it's done and ready to eat! This particular one was a favorite of my husband's aunts and now that I've veganized it, it's one of mine, too. You get all of the wondrous flavors you would get from chiles rellenos, but with much less effort and a whole lot more compassion. Serve it with a side of corn tortillas, salsa, and guacamole for a very satisfying meal.

PREP TIME: 10 minutes (not including time to make Basic Cashew or Pepperjack Cheese Sauce)
ACTIVE TIME: 20 minutes
INACTIVE TIME: 45 minutes

Olive oil spray

6 canned whole green chiles (from three 4-ounce/113 g cans or the equivalent), rinsed and drained

1 corn tortilla, plus more for serving

One 14-ounce (397 g) block extra firm tofu, drained

¼ cup (60 ml) unsweetened nondairy milk

1 tablespoon olive oil

⅓ cup (45 g) unbleached all-purpose flour (or gluten-free flour blend)

2 tablespoons cornmeal (certified gluten-free if necessary)

1 teaspoon baking powder

1½ teaspoons ground cumin

1 teaspoon ground coriander

1 teaspoon onion powder

1 teaspoon garlic powder

½ teaspoon salt

¼ teaspoon black pepper

Basic Cashew or Pepperjack Cheese Sauce

Chopped fresh cilantro, optional

Salsa, optional

1. Preheat the oven to 375°F (190°C). Lightly spray a 10-inch (25 cm) round pan with olive oil.
2. Slice the chiles in half lengthwise and clean the insides of any remaining seeds. Slice the halves in half lengthwise, then slice all of the strips in half crosswise. Set aside.
3. Slice the tortilla in half. then slice each half into about twelve strips. Set aside.
4. Combine the tofu, milk, and olive oil in a food processor and process until smooth.
5. In a large bowl, whisk together the flour, cornmeal, baking powder, cumin, coriander, onion powder, garlic powder, salt, and pepper. Add the pureed tofu and stir until combined. Fold in the chiles and tortilla strips.
6. Spread the mixture in the prepared pan and drizzle cheese sauce over the top (using as much or as little as you'd like). Bake for 35 minutes, or until firm. Remove from the oven and let rest for 10 minutes before serving. Serve topped with cilantro and salsa (if using), and alongside cooked corn tortillas (see the directions under Beer-Marinated Portobello Tacos with Avocado-Corn Salsa). Leftovers will keep in an airtight container in the fridge for 2 to 3 days.

Jackfruit Carnitas Burrito Bowl

SERVES 4

Meals in a bowl (often referred to as just "bowls" these days) have a reputation for being of the healthy, hippyish persuasion (like the incredible Buddha Bowl , but this bowl pretty much rips that stereotype a new one. Juicy, spicy shredded jackfruit carnitas is served up with rice, beans, Pickled Red Cabbage & Onion Relish , and avocado (because everything is better with avocado—*everything*), then smothered in lime crema. If you have leftover rice and 15-Minute Refried Beans , this bowl can come together pretty quickly; otherwise, plan for a little more time in the kitchen. The payoff is worth it, though! This hearty, delicious recipe will definitely change your view of bowls forever.

PREP TIME: 30 minutes (not including time to cook rice and make Pickled Red Cabbage & Onion Relish)
ACTIVE TIME: 45 minutes
INACTIVE TIME: 60 minutes

jackfruit carnitas

One 20-ounce (565 g) can jackfruit (packed in water or brine, not syrup), rinsed and drained
1 tablespoon olive oil
½ medium sweet onion, diced
2 garlic cloves, minced
1 chipotle chile in adobo sauce, chopped
1 teaspoon dried oregano
1 teaspoon ground cumin
1 teaspoon ancho chile powder
½ teaspoon ground coriander
½ teaspoon paprika
1½ cups (360 ml) low-sodium vegetable broth
Juice of 1 lime
2 tablespoons maple syrup
Salt and black pepper to taste

lime crema

½ cup (75 g) raw cashews, soaked in warm water for at least 1 hour and drained, water reserved

3 tablespoons reserved soaking water

3 tablespoons lime juice

1 tablespoon vegan mayonnaise (soy-free if necessary)

Salt to taste

bowl

3 cups (480 g) cooked white rice (or brown rice)

One 15-ounce (425 g) can black beans, rinsed and drained

1 cup (50 g) chopped fresh cilantro

2 tablespoon lime juice

Salt and black pepper to taste

4 handfuls chopped lettuce (or baby greens)

2 cups (310 g) halved cherry tomatoes

2 avocados, pitted, peeled, and sliced

Pickled Red Cabbage & Onion Relish

1. Use your fingers or a fork to pull apart the jackfruit until it resembles shredded meat. Don't worry about the seeds—those will soften and break apart as they cook. Set aside.
2. Heat the olive oil in a large shallow saucepan or Dutch oven. Add the onion and garlic and sauté until the onion is translucent. Add the jackfruit and chipotle and cook, stirring occasionally, until the jack-fruit begins to stick to the pan, 5 to 7 minutes.
3. Add the oregano, cumin, ancho chile powder, coriander, and paprika and stir until combined. Cook for about 2 minutes. Add the broth, lime juice, and maple syrup. Bring to a boil, then reduce to a simmer. Cover and cook for about 15 minutes, stirring a few times, until the liquid has been absorbed and the jackfruit is starting to stick to the pan. Remove from the heat and add salt and pepper.
4. While the jackfruit is cooking, **make the lime crema** : Combine the crema ingredients in a food processor and process until smooth, pausing to scrape the sides as needed. Chill until ready to use.
5. Combine the rice and beans in a pot (if you just cooked the rice, simply add the beans to the rice in the pot) and cook over medium heat for a few minutes, until heated through. Remove from the heat and add the cilantro, lime juice, salt and pepper.
6. To serve, fill four bowls with a handful of lettuce each. Add cilantro rice and beans, jackfruit carnitas, cherry tomatoes, and avocado to each bowl. Drizzle each with lime crema, then garnish with a generous pile of relish. Serve immediately.

VARIATION

- If you prefer burritos (who can blame you?), feel free to stuff a tortilla with all these ingredients.

7

My partner doesn’t think veganism is part of a well-balanced diet.

VEGAN MEALS THAT HEALTH NUTS CAN GET EXCITED ABOUT

Our society has a very hard time agreeing on what foods are actually good for you. That’s why, at any given time, we have several different diets being touted as the way to live the longest, be the healthiest, boast the flattest stomach, have the shiniest hair . . . blah, blah, blah. Some people believe that animal products are a mandatory part of a healthy lifestyle, but there are also many studies showing that those very same animal products are the ones making us sick. It’s completely possible not only to be healthy, but to thrive on a plant-based diet. Here are a few recipes that will get you started on that track.

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Chinese Chickpea Salad

Pecan Pesto Spaghetti Squash with Peas & Kale

Chile-Roasted Tofu Lettuce Cups

Buddha Bowl

Beet Hummus Collard Wraps

Green Quinoa Salad

No-Bake Zucchini Manicotti

Chinese Chickpea Salad

SERVES 4 TO 6

When my grandmother was in her sixties, she lost over a hundred pounds. She went from being someone who liked to eat cookies for breakfast to someone who snacked on veggies and made healthy, filling salads for dinner. Salads like this one—except she made hers with chicken instead of chickpeas and used a store-bought "fat-free" dressing. I have great memories of sitting at the table with my grandma and cousin, talking for hours and slowly devouring the entire salad, just the three of us. Our excuse? It's salad so it's healthy, right? This one is healthy for sure, with fresh cabbage, carrots, chickpeas, and almonds, and a light, homemade rice-vinegar-based dressing.

PREP TIME: 20 minutes
ACTIVE TIME: 15 minutes

1 tablespoon sesame oil
3 cups (510 g) cooked chickpeas (or two 15-ounce/425 g cans, rinsed and drained)
3 tablespoons gluten-free tamari (use coconut aminos to be soy-free)
4 cups (200 g) shredded napa cabbage (about 1 small head)
1 cup (50 g) shredded red cabbage
1 cup (110 g) grated carrots (3 or 4 large carrots)
1 cup (150 g) toasted sliced almonds
½ cup (50 g) sliced green onions (green and white parts)
One 10-ounce (285 g) can mandarin oranges (preferably packed in juice, not syrup), rinsed and drained
One 8-ounce (225 g) can sliced water chestnuts, rinsed, drained, and cut in half
Crispy rice crackers, crumbled

miso ginger dressing

½ cup (120 ml) rice vinegar
2 tablespoons sesame oil
2 tablespoons maple syrup
1 tablespoon white soy miso (or chickpea miso)
2 teaspoons freshly grated ginger

1. Heat the sesame oil in a large shallow saucepan over medium heat. Add the chickpeas and cook for a couple of minutes. Add the tamari and cook, stirring occasionally, until the liquid has been absorbed. Set aside to cool for about 5 minutes.
2. **To make the dressing** : Stir together all the ingredients in a cup or small bowl.
3. Combine the napa cabbage, red cabbage, carrots, almonds, green onions, mandarin oranges, and water chestnuts in a large bowl. Add the chickpeas and dressing and toss until fully combined. Serve immediately, topped with crumbled rice crackers.

TIP

- You can prep this ahead of time by preparing the chickpeas, the salad (without the almonds), and the dressing and storing them separately. Combine the three elements, plus the almonds, just before serving.

Pecan Pesto Spaghetti Squash with Peas & Kale

SERVES 4 TO 6

Pasta dishes are often seen as too carb-heavy to be nutritious, but what if that pasta were a vegetable like spaghetti squash? And what if the sauce were made with heart-healthy pecans and dark, leafy greens? Throw in some extra kale (kale is super, crazy good for you, but I don't need to tell you that) and some green peas for extra protein. I dare you to say that this recipe isn't good for you!

PREP TIME: 15 minutes (not including time to make Pepita Parmesan)
ACTIVE TIME: 20 minutes
INACTIVE TIME: 35 minutes

1 medium (2-pound/900 g) spaghetti squash, halved lengthwise, seeds removed
Olive oil spray
Salt and black pepper to taste
1 teaspoon olive oil
1 shallot, chopped
1 bunch (12 to 16 ounces/340 to 455 g) kale, stems removed, chopped
1½ cups (210 g) green peas (fresh or thawed frozen)
Pepita Parmesan , optional

pecan pesto
½ cup (65 g) pecan pieces
2 garlic cloves
2 cups (60 g) loosely packed chopped greens of your choice (spinach, kale, or chard)
1 cup (30 g) loosely packed chopped fresh basil
3 tablespoons low-sodium vegetable broth (or water)
3 tablespoons olive oil
2 tablespoons lemon juice
Salt and black pepper to taste

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper or a silicone baking mat. Place the two halves of the squash on the baking sheet, cut side up. Lightly spray the top with olive oil and sprinkle with salt and pepper. Bake for 35

to 45 minutes, until the flesh is easily pulled apart with a fork. Remove from the oven and set aside to cool.

2. While the squash is roasting, **make the pesto** : Combine all the ingredients in a food processor and process until mostly smooth (teeny chunks or pieces are okay), pausing to scrape the sides as needed. Set aside until ready to use.
3. Once the squash is cool enough to touch, use a fork to tear the flesh into spaghetti-like strands.
4. Heat the olive oil in a large shallow saucepan over medium heat. Add the shallot and cook until just translucent. Add the kale, peas, and squash strands and cook, stirring occasionally, until the kale begins to wilt. Stir in the pesto sauce. Taste and add salt and pepper if necessary. Serve immediately, topped with Pepita Parmesan, if desired. Keep leftovers in an airtight container in the fridge for up to 2 days.

VARIATIONS

- In the mood for pasta? Replace the spaghetti squash with cooked pasta of your choice. Rice would be another good option. In either case, pick up the recipe at step 2, making the pesto.
- To make this oil-free, you can replace all the olive oil with low-sodium vegetable broth or water.

Chile-Roasted Tofu Lettuce Cups

GFO NFO PA

SERVES 4

Salads are a terrific way to fill up on an array of nutritious plants. Let's be honest, though—even if your salads are the most delicious, filling, well-balanced collection of tastes and textures imaginable, sometimes we all want something a little different to change things up. Enter these gorgeous little lettuce cups, filled with spicy roasted tofu, fresh carrots, and bell peppers, and drizzled with Lemon Tahini Sauce . You've got your veggies, your protein, and a dose of healthy fats, all in one little handheld salad.

PREP TIME: **15 minutes** (not including time to make Lemon Tahini Sauce)
ACTIVE TIME: **20 minutes**
INACTIVE TIME: **45 minutes**

chile-roasted tofu

One 14-ounce (397 g) block extra firm tofu, pressed for at least 1 hour (see How to Press Tofu)

¼ cup (60 ml) orange juice

1 tablespoon coconut oil, melted

1 tablespoon ancho chile powder

2 teaspoons maple syrup

½ teaspoon garlic powder

2 pinches of cayenne pepper

½ teaspoon salt

lettuce cups

1 large or 2 small heads butter lettuce, separated into individual leaves (see Tip)

Lemon Tahini Sauce

1 large carrot, peeled and grated

½ red bell pepper, sliced into long, thin slivers

15 to 20 chives, trimmed

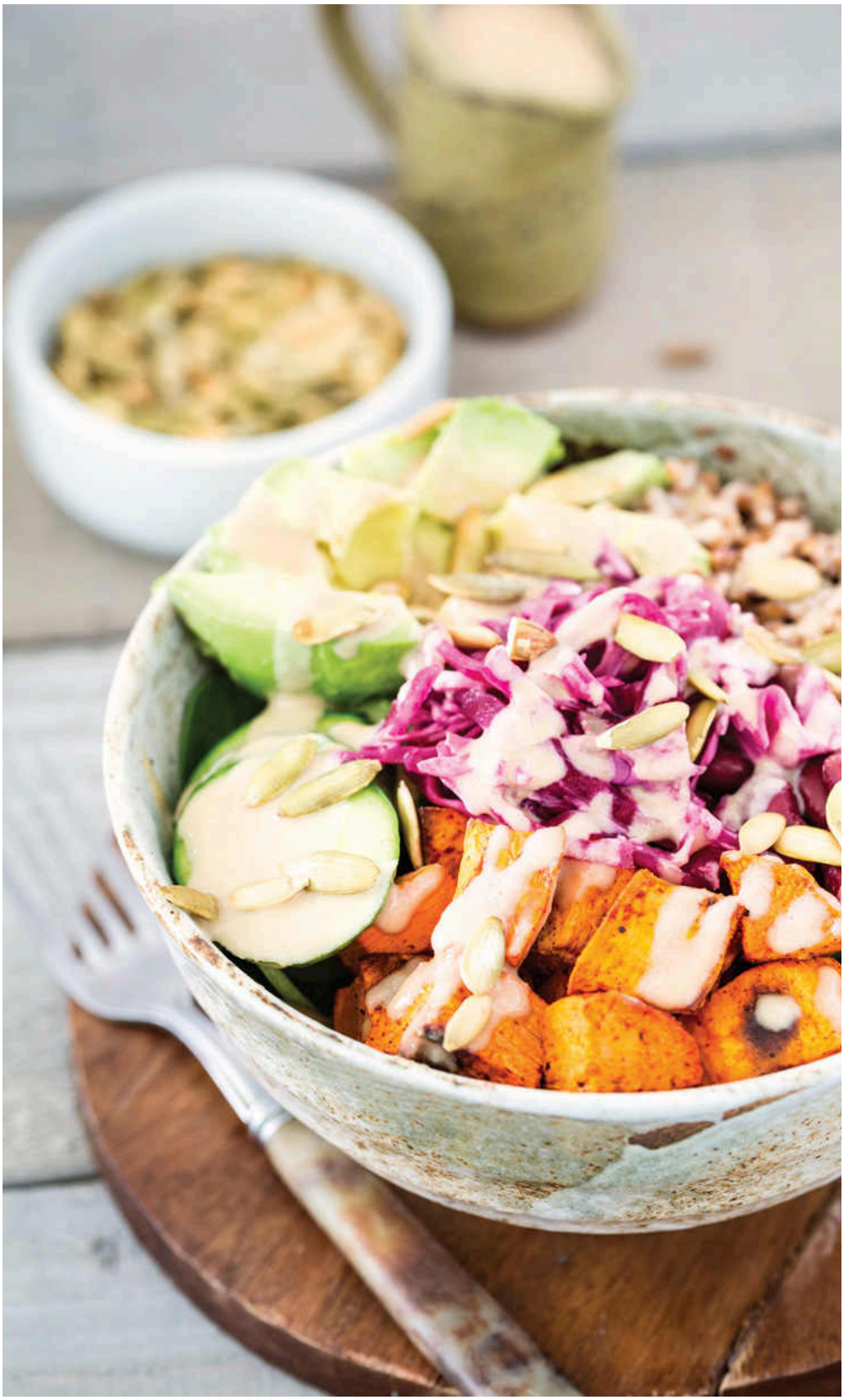
White or black sesame seeds

1. **To make the tofu** : Slice the tofu horizontally so that you have two flat sheets. Dice both sheets into ½-inch (1 cm) cubes.

2. In a shallow baking dish, combine the orange juice, coconut oil, ancho chile powder, maple syrup, garlic powder, cayenne pepper, and salt. Add the tofu cubes and toss to coat. Marinate for about 20 minutes, tossing to recoat every 5 minutes.
3. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper or a silicone baking mat. Spread out the tofu on the baking sheet. Bake for 25 minutes, or until the edges are crispy and browned, flipping once halfway through to ensure even cooking. Remove from the oven.
4. To serve, fill a lettuce leaf with a large spoonful of the tofu. Drizzle with tahini sauce. Top with a pinch of carrot, a couple of slivers of red bell pepper, and 1 to 2 chives. Sprinkle with sesame seeds. Leftover tofu will keep in an airtight container in the fridge for 3 to 4 days.

TIP

- To prevent the lettuce leaves from tearing or falling apart when you're removing them from the head, slice the base off the head first.



Buddha Bowl

SERVES 4

The Buddha Bowl is all about providing a balanced mix of nutrition, which leads you to feeling more inner balance. You can use any variety of ingredients—as long as you have greens, beans, grains, veggies, and a dressing full of healthy fats, you're golden. For my version, I start with a base of quick-cooking roasted buckwheat (which is actually a seed, rather than a grain) and some hearty kidney beans. Then I pile on the veggies in the form of fresh spinach, cucumber, Pickled Red Cabbage & Onion Relish , and some caramelized chunks of roasted sweet potato. Avocado and a yummy dressing give your body the healthy fats it needs. Your mind and body will thank you.

PREP TIME: 10 minutes (not including time to make Pickled Red Cabbage & Onion Relish and Lemon Tahini Sauce or Avocado Ranch Dressing)
ACTIVE TIME: 40 minutes

2 medium sweet potatoes or yams, peeled and chopped into 1-inch (2.5 cm) cubes

Olive oil spray

2 pinches of smoked paprika

Salt and black pepper to taste

3 cups (720 ml) water

1½ cups (270 g) roasted buckwheat groats (kasha)

2 to 3 cups (60 to 90 g) chopped spinach

1½ cups (265 g) cooked, warm kidney beans (or one 15-ounce/425 g) can, rinsed and drained; or use another bean of your choice)

1 cucumber, sliced

1 avocado, pitted, peeled, and sliced

Pickled Red Cabbage & Onion Relish

Lemon Tahini Sauce or Avocado Ranch Dressing

⅓ cup (55 g) toasted pepitas (pumpkin seeds)

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper or a silicone baking mat. Spread out the sweet potato cubes on the pan and spray with olive oil. Add the paprika, salt, and pepper and toss to coat. Bake for 30 minutes, or until tender and browned, tossing once halfway through to ensure even cooking. Set aside to cool.

2. While the sweet potatoes are cooking, cook the buckwheat groats: Bring the water to a boil in a medium pot. Add the buckwheat groats and return to a boil. Reduce the heat, cover, and simmer until most of the water has been absorbed, 11 to 12 minutes. Remove from the heat and add salt.
3. To serve, fill each bowl with spinach, buckwheat groats, beans, sweet potato, cucumber, avocado, and cabbage relish. Drizzle with dressing and top with toasted pepitas.

VARIATION

- You can switch out the buckwheat groats with 3 cups (540 g) cooked grain of your choice, such as rice, quinoa, millet, amaranth, or even farro (though that won't be gluten-free).

Beet Hummus Collard Wraps

SERVES 4 TO 6

Sure, you can make these wraps because of all of their health benefits. They're a rainbow of vitamins, minerals, and antioxidants wrapped in a nutrient-dense collard leaf. Plus, they're super easy to make. I'll tell you why *I* make them, though: the gorgeous shade of pink in that beet hummus. I'm mesmerized every time the chickpeas, tahini, lemon juice, and garlic whir together with the boiled beets, creating a shade of pink so stunning that it has me reconsidering my apartment's white walls. Make these wraps so you too can stare into your food processor in wonder as the color emerges. And for all of the health stuff, too, of course . . . but mostly for that color!

PREP TIME: 15 minutes
ACTIVE TIME: 20 minutes
INACTIVE TIME: 20 minutes

beet hummus

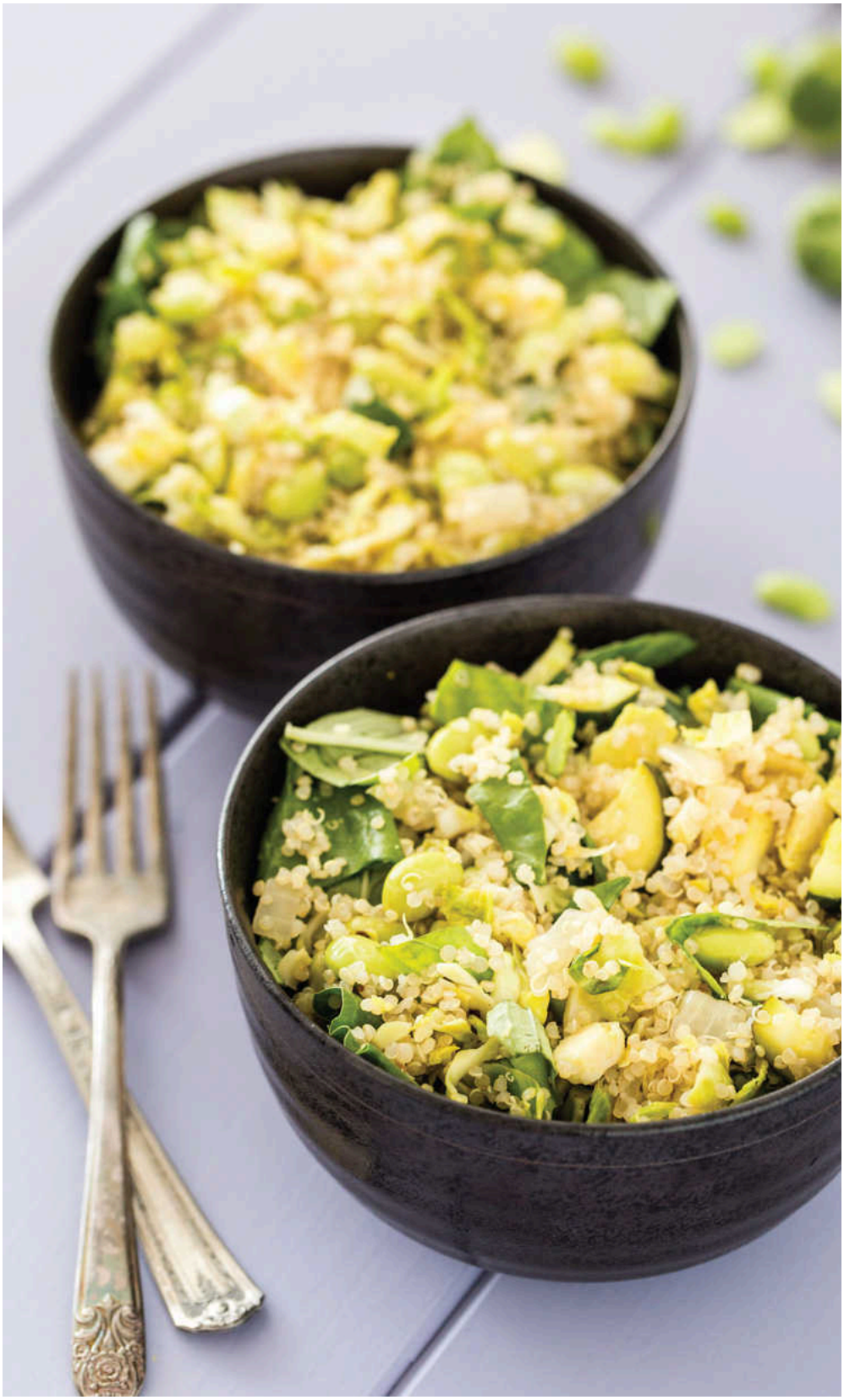
1 large beet, peeled and chopped
1½ cups (255 g) cooked chickpeas (or one 15-ounce/425 g can, rinsed and drained)
2 tablespoons tahini (gluten-free if necessary)
2 tablespoons olive oil
2 tablespoons lemon juice
1 garlic clove, peeled
Pinch of smoked paprika
Salt and black pepper to taste

wraps

6 large collard leaves, cleaned, dried, stems removed
2 carrots, peeled and julienned
1 yellow bell pepper, sliced
1 avocado, pitted, peeled, and sliced
Bean sprouts (or other sprouts)

1. Place the beet in a small pot and cover with water. Bring to a boil, then reduce to a simmer and cover. Cook until the beet is tender enough to be easily pierced by a fork, 8 to 10 minutes. Remove from the heat.

2. Use a slotted spoon to transfer the beet to a food processor (reserving the cooking water) and add the chickpeas, tahini, olive oil, lemon juice, garlic, and paprika. Process until smooth, pausing to scrape the sides as necessary. If it's too thick, add beet water by the tablespoon until it reaches your desired consistency. Taste and add salt and pepper as needed. Chill for 30 minutes or until ready to use.
3. Lay a collard leaf flat, bottom up, and carefully run a knife down the spine of the stem, shaving off the bulk of the thick stem. Spread some beet hummus on the leaf, leaving about an inch (2.5 cm) around the perimeter. On one half of the leaf, parallel to the spine, lay out a small bit of carrots, bell pepper, and avocado slices, then top with a small pile of sprouts. Starting with that edge (the one nearest the fillings), roll the collard leaf over the filling and continue to roll, tucking in the filling as needed, until the leaf is completely rolled up. Slice in half and place on a plate, seam side down. Repeat with the remaining leaves. Serve immediately. Leftover hummus will keep in an airtight container in the fridge for 4 to 5 days.



Green Quinoa Salad

SERVES 6

Even if your family members believe that protein from animal flesh is the highest form of protein and no plant could ever even come close, they have to admit that eating your greens is a must if you want to have a balanced diet. No animal product matches the nutritional superpowers of green vegetables. With brussels sprouts, zucchini, and chard, this protein-packed salad celebrates all things green in full force. There's even edamame, basil, and pistachios for good measure. So if you have family members who are worried that a vegan diet can't possibly be healthy, let this salad put those worries to rest.

PREP TIME: 25 minutes (not including time to cook quinoa)
ACTIVE TIME: 20 minutes

1 pound (455 g) brussels sprouts
½ cup (135 g) diced yellow onion
1 garlic clove, minced
1 tablespoon water, plus more if necessary
1½ cups (190 g) diced zucchini
1½ cups (140 g) shelled edamame
¼ cup (60 ml) lemon juice
1 tablespoon grated lemon zest
1 tablespoon maple syrup
3 cups (480 g) cooked quinoa
3 cups (90 g) chopped chard leaves
½ cup (15 g) chopped fresh basil
½ cup (195 g) chopped pistachios
Salt and black pepper to taste

1. Slice a brussels sprout in half lengthwise through the stem. Turn each half cut side down and thinly slice into shreds. Repeat with all of the brussels sprouts. Set aside.
2. Heat a large shallow saucepan over medium heat. Add the onion, garlic, and water and cook until the onion is just becoming translucent. Add more water as needed to prevent sticking.
3. Add the brussels sprouts, zucchini, and edamame. Cook for about 3 minutes, until the brussels sprouts are just beginning to wilt. Remove from the heat and stir in the lemon

juice, lemon zest, and maple syrup.

4. Stir in the quinoa, chard, basil, and pistachios. Taste and add salt and pepper if needed. Serve immediately or chill until ready to serve. Leftovers will keep in an airtight container in the fridge for 3 to 4 days.

No-Bake Zucchini Manicotti

SERVES 3 OR 4

If you're looking for a simple and elegant recipe, here's your girl. The only steps required are making tangy ricotta cheese in the food processor and wrapping it in soft zucchini "noodles," forming a stuffed manicotti of sorts. Once plated with a dollop of marinara sauce (homemade or store-bought), a sprinkling of Pepita Parmesan , and a touch of basil chiffonade, it looks like a dish you'd be served in a five-star restaurant. And it's healthy to boot! It's a win on so many levels.

PREP TIME: 15 minutes (not including time to make Sun-Dried Tomato Marinara Sauce and Pepita Parmesan)
ACTIVE TIME: 15 minutes
INACTIVE TIME: 60 minutes

2 large zucchini

Salt

Sun-Dried Tomato Marinara ; or store-bought vegan marinara sauce

Pepita Parmesan , optional

½ cup (15 g) loosely packed basil chiffonade

herbed macadamia ricotta

1 cup (140 g) raw macadamia nuts, soaked in warm water for at least 1 hour and drained, water reserved

3 tablespoons reserved soaking water

2 tablespoons lemon juice

1 teaspoon dried basil

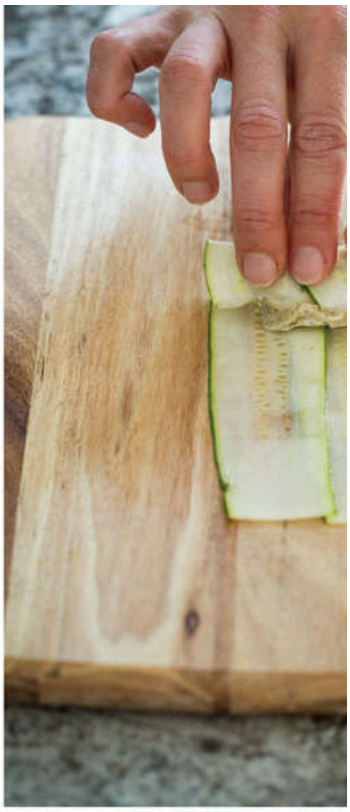
1 teaspoon dried oregano

¾ teaspoon salt

½ teaspoon white soy miso (or chickpea miso)

1. Trim the ends of the zucchini. Use a vegetable peeler or mandoline to slice down the length of the zucchini, making long, thin strips. Lay out the zucchini strips on a couple of paper towels. Sprinkle with salt and let drain for about 10 minutes. The salt will help the zucchini release excess water and soften.

2. While the zucchini is draining, **make the herbed ricotta** : Combine the macadamia nuts, 4 teaspoons of the reserved soaking water, the lemon juice, dried basil, oregano, salt, and miso in a food processor and process until smooth, pausing to scrape the sides as needed. If you have a hard time getting the cheese to move, you may need to add more of the soaking water a teaspoon at a time until it moves more smoothly.
3. Pat the zucchini dry with a clean kitchen towel. Lay out two slices of zucchini, one overlapping the other by about half. Scoop 1 scant tablespoon ricotta onto one end of the strips. Take the ends of the zucchini closest to the ricotta and carefully roll them over the ricotta. Continue until completely rolled up. Place on a plate seam side down. Repeat with the remaining zucchini slices.



4. Heat the marinara sauce. Serve the manicotti topped with sauce, Pepita Parmesan (if using), and basil chiffonade. Keep any leftover ricotta in an airtight container in the fridge for up to 7 days.

VARIATION

- The macadamia nuts can be replaced with raw cashews or almonds, if you're pinching pennies.

8

My parents don’t understand why I won’t eat my childhood favorites.

HOMESTYLE VEGAN FOOD “JUST LIKE MOM MAKES IT”

Our parents spend the first eighteen or so years of our life feeding us. They learn which foods we get excited about, which foods make us happy after a rough day at school, what our favorite “special occasion” meals are, and what meals we look forward to waking up to. They take pride in that, and it becomes part of the bond we have with them once we’ve grown. Once you choose to go vegan, it’s understandable that your parents might think that you’re rejecting them and their cooking. However, we know that’s the furthest thing from the truth, so let’s show Mom and Dad that we still love them by sharing plant-based versions of their old go-to dishes.

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Chickpea & Dumplin’ Soup

Shiitake Stroganoff

Unstuffed Cabbage Rolls

Not-Tuna Casserole

BBQ-Glazed Tempeh

Smoky Shroom Sausage & Red Potato Goulash

Chickpea & Dumplin' Soup

SERVES 6 TO 8

My dad did all the cooking when I was growing up, and one of our family favorites was chicken and dumpling soup. My dad used my grandmother's recipe—I even remember as a child listening to them talk about how to get the dumplings just right. When I started writing this recipe, I called my dad so he could tell me about Grandma's recipe (which I'd never seen written out). My dad (and ultimately my grandmother) helped me put this recipe together, replacing the chicken with chickpeas, using "no-chicken" flavored broth, and adding some fresh herbs and mushrooms to the mix. And for me, adding a little fresh parsley to the dumplings helps make them just right.

PREP TIME: 15 minutes
ACTIVE TIME: 40 minutes
INACTIVE TIME: 15 minutes

5 tablespoons (70 g) cold vegan butter (soy-free if necessary)
1 small yellow onion, diced
4 celery stalks, sliced
3 large carrots, peeled and sliced
2 garlic cloves, minced
8 ounces (225 g) cremini mushrooms (or button mushrooms), sliced
3 bay leaves
2½ teaspoons dried thyme
2 teaspoons dried rosemary
1 teaspoon dried parsley
½ teaspoon ground cumin
¼ cup (30 g) oat flour (or other flour; certified gluten-free if necessary)
3 cups (385 g) cooked chickpeas or two 15-ounce (425 g) cans, rinsed and drained
1 quart (1 L) vegetable broth
1¼ cups (160 g) unbleached all-purpose flour (or gluten-free flour blend, soy-free if necessary)
½ cup (70 g) fine cornmeal (certified gluten-free if necessary)
2 teaspoons baking powder
1 teaspoon baking soda

Salt and black pepper to taste

¼ teaspoon garlic powder

¼ teaspoon xanthan gum (exclude if using all-purpose flour or if your gluten-free blend includes it)

¾ cup (180 ml) unsweetened nondairy milk (nut-free and/or soy-free if necessary)

2 tablespoons chopped fresh parsley

1. Melt 1 tablespoon of the butter over medium heat in a large Dutch oven or pot (choose a wide one to give you more dumpling surface area). Add the onion, celery, carrot, and garlic and cook for about 3 minutes. Add the mushrooms and cook for 3 minutes more, stirring occasionally. Stir in the bay leaves, 2 teaspoons of the thyme, the rosemary, dried parsley, and cumin and cook for 1 minute. Add the oat flour and stir until the flour is no longer visible. Add the chickpeas and broth, bring to a boil, then reduce to a simmer. Cover and cook for about 10 minutes, stirring every few minutes to prevent sticking.
2. In a large bowl, combine the all-purpose flour, cornmeal, baking powder, baking soda, ½ teaspoon salt, the garlic powder, and xanthan gum (if using). Add the remaining butter and use a pastry cutter or a fork to cut the butter into the flour mixture until you have a coarse meal, similar to the texture of wet sand. In a cup or small bowl, combine the milk and fresh parsley. Pour over the flour mixture. Stir until you have a thick dough.
3. Uncover the pot and remove the bay leaves. Add salt and pepper. Drop the dough into the soup in 8 to 10 large spoonfuls. Space the dumplings evenly, keeping in mind that they'll expand. Cover and cook for 15 minutes more, or until the dumplings are solid. Sprinkle with more pepper. Serve immediately. Leftovers will keep in an airtight container in the fridge for 2 to 3 days.

Shiitake Stroganoff

SERVES 4

Who remembers those boxes of processed food disasters that contained pasta and a packet of "artificial flavors" (i.e., mystery chemicals plus weird animal-derived ingredients) and instructed you to just add ground beef? They ironically claimed to be a "helper," and had a freaky little white glove with a face for its mascot. Yeah, that stuff. I know a lot of kids grew up loving that stuff, and one of my personal favorites was the stroganoff flavor. Pasta and meaty chunks in a creamy, tangy sauce—what's not to love? This version trades in the ground beef for beefy shiitake mushrooms and the artificial flavoring with real, whole, plant-based ingredients. I think neither you nor your parents will miss that Box o' Chemicals.

PREP TIME: 30 minutes
ACTIVE TIME: 25 minutes

12 ounces (340 g) spiral pasta (gluten-free if necessary)
One 12-ounce (340 g) vacuum-packed block extra firm silken tofu
3 tablespoons lemon juice
1 tablespoon unsweetened nondairy milk (nut-free if necessary)
2 teaspoons white wine vinegar
1 teaspoon olive oil
4 shallots, chopped
1 garlic clove, minced
1 pound (455 g) shiitake mushrooms, stemmed and sliced (see Variation)
½ cup (120 ml) vegan white wine (or low-sodium vegetable broth)
2 teaspoons nutritional yeast, optional
1 teaspoon paprika
1 cup (40 g) chopped fresh parsley
Salt and black pepper to taste

1. Bring a large pot of water to a boil and add the pasta. Cook according to the package instructions until al dente. Drain and set aside.
2. Combine the tofu, lemon juice, milk, and vinegar in a food processor and process until smooth. Set aside.

3. Heat the olive oil in a large shallow saucepan over medium heat. Add the shallots and garlic and sauté until the shallots are almost translucent.
4. Add the mushrooms and cook, stirring occasionally, until the mushrooms are tender, 10 to 12 minutes. Add the wine and cook until the liquid has been absorbed. Stir in the nutritional yeast and paprika.
5. Add the reserved tofu mixture and cook until heated through. Add the parsley, salt, and pepper. Fold in the pasta and serve immediately. Refrigerate any leftovers in an airtight container for up to 3 days.

VARIATION

- You can use other types of mushrooms, or even a mixture of mushrooms, to replace the shiitakes.

Unstuffed Cabbage Rolls

SERVES 8

Yes, Mom's stuffed cabbage rolls were the best. We know this. But we also know that they're time-consuming as all get-out. I mean, individually stuffing *so many* cabbage leaves with filling and then baking them? As the Dutch say, "Ain't nobody got time for that!" So we're going to go ahead and unstuff those cabbage rolls. We're going to take all the filling (made meatless by using black beans) and just toss the cabbage leaves in with it. Throw it in the oven and bake. Now all you need to make time for is chowing down!

PREP TIME: 30 minutes (not including time to cook brown rice)
ACTIVE TIME: 20 minutes
INACTIVE TIME: 30 minutes

Olive oil spray
1 large (2- to 3-pound/900 g to 1.3 kg) head cabbage, quartered and cored
1 teaspoon olive oil
1 medium sweet onion, diced
2 garlic cloves, minced
1 red bell pepper, diced
3 cups (525 g) cooked black beans or two 15-ounce (425 g) cans, rinsed and drained
One 15-ounce (425 g) can no-salt-added fire-roasted diced tomatoes
2 tablespoons no-salt-added tomato paste
2 tablespoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
1 teaspoon dried parsley
1 teaspoon dried oregano
½ teaspoon ground cumin
½ teaspoon paprika
1½ cups (240 g) cooked brown rice (or other grain)
2 tablespoons nutritional yeast
2 tablespoons lemon juice
Salt and black pepper to taste

1. Preheat the oven to 375°F (190°C). Lightly spray a 9 × 13-inch (23 × 33 cm) baking dish with olive oil.

2. Chop each cabbage quarter into 1-inch (2.5 cm) strips. Set aside.
3. Heat the olive oil in a large shallow saucepan over medium heat. Add the onion and garlic and sauté until the onion is just becoming translucent.
4. Add the bell pepper, black beans, tomatoes with their juice, tomato paste, liquid aminos, parsley, oregano, cumin, and paprika. Cover and cook, stirring occasionally, until the bell pepper is tender.
5. Add the cabbage, cover again, and cook until the cabbage is soft. Stir in the rice and cook until heated through. Add the nutritional yeast, lemon juice, salt, and pepper. Remove from the heat.
6. Transfer to the baking dish and bake, uncovered, for 25 minutes. Let cool for a few minutes before serving. Leftovers will keep in an airtight container in the fridge for 4 to 5 days.

Not-Tuna Casserole

SERVES 6 TO 8

While writing this book, it began to come back to me (as if I were lying on a therapist's couch) just how many of my favorite childhood meals consisted of mixing a can of condensed cream of mushroom soup with one or two other ingredients, covering it with something crunchy, and baking until heated through. This casserole's predecessor fell into that category. I could eat almost an entire batch by myself if my parents weren't watching. My fish-friendly version uses a mixture of chickpeas and artichoke hearts to take the place of the can of tuna, plus homemade Cream of Mushroom Soup , pasta, and crunchy kettle potato chips crumbled over the top, just like Dad's version.

PREP TIME: 5 minutes (not including time to make Cream of Mushroom Soup)
ACTIVE TIME: 20 minutes
INACTIVE TIME: 20 minutes

Olive oil spray

1 pound (455 g) pasta (gluten-free if necessary)

1 teaspoon olive oil

½ yellow onion, diced

1½ cups (255 g) cooked chickpeas (or one 15-ounce/425 g can, rinsed and drained)

One 14- to 15-ounce (400 to 425 g) can artichoke hearts, rinsed, drained, and quartered if whole

1 teaspoon dried thyme

½ teaspoon garlic powder

Salt and black pepper to taste

Cream of Mushroom Soup

2 cups (115 g) lightly crushed plain kettle-style potato chips, optional

1. Preheat the oven to 350°F (180°C). Lightly spray a 9 × 13-inch (23 × 33 cm) baking dish with olive oil.
2. Bring a pot of water to a boil and cook the pasta according to the package instructions until al dente. Drain and rinse with cold water.
3. While the pasta is cooking, heat the olive oil in a large shallow saucepan over medium heat. Add the onion and sauté until translucent. Add the chickpeas and artichokes and cook for about 5 minutes, using your spatula to tear apart the artichokes as they cook. Add the thyme and garlic powder.

4. Use a potato masher to gently mash the chickpeas and artichokes until just slightly mashed with chunks. Add the soup and pasta and stir until combined. Add salt and pepper.
5. Remove from the heat, transfer to the prepared baking dish, and bake for 15 minutes. Sprinkle the potato chips over the top (if using) and bake for another 5 minutes. Serve immediately. Leftovers will keep in an airtight container in the fridge for 2 to 3 days.

BBQ-Glazed Tempeh

GF NF

SERVES 4

I still remember the smell. Coming home from a play rehearsal or gymnastics practice and walking in the door to that smoky, sweet scent invading my nostrils and instantly getting hungry. We were having barbecue for dinner! I would dip my finger in the little bowl of barbecue sauce my dad was brushing over the chicken or ribs. Sometimes, I would dip my finger a few times. I'm very fond of that memory, though I don't like to think about all of the meat I consumed back then. Luckily, the meal is easy to replicate (and more simple to prepare) if we just switch out the meat with tempeh. It's still juicy, sweet, tangy, and smoky —all of the flavors (and scents) I love, minus the animals.

PREP TIME: 3 minutes
ACTIVE TIME: 20 minutes

One 8-ounce (225 g) package tempeh

1 tablespoon olive oil

⅔ cup (160 ml) vegan barbecue sauce (homemade or store-bought)

Salt and black pepper to taste

1. Slice the block of tempeh in half horizontally, then slice each half diagonally so that you have four triangles. Slice each of those in half horizontally to get eight triangles (they should all be the same size of the original four triangles).
2. Heat the oil in a large frying pan, preferably cast iron, over medium heat. Add the tempeh triangles and cook for 2 to 3 minutes per side, or until each side has golden cooking marks.
3. Pour half of the sauce over the triangles, spread it to cover them, then flip them over so that they cook in the sauce. Once that sauce has been absorbed, repeat with the remaining sauce. Once all the sauce has been absorbed, remove from the heat and add salt and pepper. Serve immediately. Keep leftovers in an airtight container in the fridge for up to 4 days.

Smoky Shroom Sausage & Red Potato Goulash

GF NF SFO

SERVES 4 TO 6

Goulash is a popular dish among moms, from what I understand. It's a simple, satisfying, stick-to-your-ribs sort of meal that you can usually make in one pot. And it's usually something the whole family can agree on. This version is no different, except mine doesn't have any meat. Instead, mushrooms are quickly sautéed and then roasted while the potatoes cook. The mushrooms, now a smoky sausage substitute, are stirred into the finished product and *boom* —you've got something that will make everyone at the table happy.

PREP TIME: 15 minutes
ACTIVE TIME: 30 minutes

2 teaspoons olive oil
1 teaspoon fennel seeds
½ teaspoon ground sage
8 ounces (225 g) cremini mushrooms, sliced
1 tablespoon liquid aminos (use coconut aminos to be soy-free)
1 teaspoon dried thyme
½ teaspoon dried oregano
½ teaspoon liquid smoke
Salt and black pepper to taste
1 tablespoon vegan butter (soy-free if necessary)
1 small red onion, thinly sliced
2 garlic cloves, minced
1 tablespoon Hungarian paprika (or regular paprika)
3 pounds (1.4 kg) red potatoes, chopped into 1-inch (2.5 cm) cubes
1½ cups (360 ml) low-sodium vegetable broth
½ cup (20 g) chopped fresh parsley
Vegan sour cream (soy-free if necessary), optional

1. Preheat the oven to 200°F (95°C).
2. Heat the olive oil in a large shallow saucepan or Dutch oven over medium heat. Add the fennel seeds and sage and cook until fragrant, 2 to 3 minutes.

3. Add the mushrooms and cook for about 1 minute. Add the liquid aminos, thyme, and oregano. Cook until the mushrooms are tender and browned and the liquid has cooked away, about 7 minutes.
4. Add the liquid smoke, salt, and pepper. Spread out the mushrooms on the prepared baking sheet. Roast for 30 minutes or until needed in step 7, whichever is less.
5. While the mushrooms are roasting, melt the butter in the same pan you used to cook the mushrooms. Add the onion and sauté until translucent. Add the garlic and cook for 1 to 2 minutes more, until the garlic is fragrant. Stir in the paprika and cook for 1 minute.
6. Add the potatoes and broth. Bring to a boil, then reduce to a simmer and cover. Cook, stirring occasionally, until tender, 15 to 20 minutes.
7. Add the mushrooms to the potatoes, along with the parsley. Season with more salt and/or pepper if necessary. Serve immediately, topped with vegan sour cream (if using). Leftovers will keep in an airtight container in the fridge for 3 to 4 days.

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The in-laws will just add this to their list of my faults.

IMPRESSIVE MEALS THAT WILL LEAVE THEM WITH ONLY GOOD THINGS TO SAY ABOUT YOU

Maybe you fell asleep when your father-in-law was telling that fishing story for the ninetieth time, or perhaps your mother-in-law is still bitter about the time you said their cat was a bit chubby. Maybe they dislike you because you moved their precious child all the way across the country (even though it was for *their* precious child's new job, just for the record!). Whatever the reason, you know that going vegan is going to make family dinners even more awkward. Here are some recipes that will hopefully impress the folks and help them forget about the time you accidently set their bathroom on fire.

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Balsamic-Roasted Beet & Cheese Galette

GFO SFO PA

SERVES 4

In-laws coming over for lunch? Wow them with a fancy yet rustic galette filled with herbed cashew cheese and balsamic-roasted beets. The tender crust is simple to put together, even if you're using gluten-free flour (as pictured). I would serve it with a light salad, such as the Avocado, Pomegranate & Pine Nut Salad . Complete the meal with a bottle of vegan wine, and you'll have relaxed and happy in-laws in no time.

PREP TIME: 20 minutes (not including time to make Mixed Herb Cheese Sauce)
ACTIVE TIME: 70 minutes
INACTIVE TIME: 40 minutes

crust

¼ cup (60 ml) unsweetened nondairy milk (soy-free if necessary)

3 tablespoons aquafaba

1½ cups (195 g) unbleached all-purpose flour (or gluten-free flour blend, soy-free if necessary), plus more for the work surface

1 tablespoon coconut sugar

½ teaspoon salt

½ teaspoon baking soda

½ teaspoon xanthan gum (exclude if using all-purpose flour or if your gluten-free blend includes it)

8 tablespoons (105 g) very cold vegan butter (soy-free if necessary; see Tip)

filling

Olive oil spray

2 medium red beets, peeled and very thinly sliced (see Tip)

2 medium golden beets, peeled and very thinly sliced (see Tip)

6 tablespoons (90 ml) balsamic vinegar

2 tablespoons coconut sugar

Salt and black pepper to taste

Mixed Herb Cheese Sauce, Spread Variation

Fresh thyme leaves

1. **To make the crust** : In a small cup or bowl, combine the milk and aquafaba. Set aside.

2. In a large bowl, whisk together the flour, coconut sugar, salt, baking soda, and xanthan gum (if using). Using a pastry cutter or fork, cut the butter into the flour until it's evenly incorporated and the mixture resembles small peas. Slowly pour in the milk mixture until the dough just comes together. Turn the dough out onto a floured surface and work it into a roughly 2-inch-thick (5 cm) disk. Wrap the dough in plastic wrap and refrigerate for at least 30 minutes. (This can be done 1 to 3 days in advance.)

3. While the dough is chilling, **make the filling** : Preheat the oven to 400°F (200°C). Lightly spray two 9 × 13-inch (23 × 33-cm) baking dishes with olive oil. Spread out the red beet slices in one dish and the golden beets in the other (you can do them all in one, but the red beets will stain the golden beets). Drizzle 3 tablespoons of the vinegar over each set of beets, then add 1 tablespoon coconut sugar per dish and top with salt and pepper. Toss to coat, then spread out the slices again (it's okay if they overlap). Bake for about 15 minutes, flipping once halfway through. The beets will be undercooked, which is okay. Remove them from the oven and set aside.

4. Reduce the temperature to 350°F (180°C). Line a baking sheet, pizza pan, or pizza stone with parchment paper or a silicone baking mat.

5. Once the dough has chilled for at least 30 minutes, remove it from the refrigerator. Remove the plastic wrap (set it aside for now) and place the dough on a floured surface. Turn it over so both sides are lightly floured. If the dough is hard, knead it lightly with your hands to make it pliable. If it's too dry and begins to crack, sprinkle with a couple of drops of water. Lay the plastic wrap on top of the dough and use a rolling pin to roll it out until it's a circle about 10 inches (25 cm) in diameter and ¼ inch (6 mm) thick. Gently transfer the dough to the prepared baking sheet, pan, or stone. (I do this by scooting a thin, rimless baking sheet under the dough to transport it to the other baking sheet; a pizza peel may also work.)

6. Spread the cheese on top of the dough, leaving about 1½ inches (4 cm) around the perimeter. Lay the beet slices on top of the cheese. You can lay them out willy-nilly or in a pretty pattern—your choice. If there is any liquid in the baking dish, pour it over the beets. Fold the edges of the dough over the beets.

7. Bake for 35 to 40 minutes, until the dough is golden brown. Remove from the oven, slice, and serve topped with fresh thyme. Leftovers will keep in an airtight container in the fridge for up to 2 days.

TIP

- About 10 minutes before using vegan butter, stick it in the freezer so it gets extra cold.
- When slicing your beets, it's best to use a mandoline to get superthin slices.

French Onion Soup

SERVES 6

I think vegan meals fall into two categories: the ones that blow people's minds because they taste a bajillion times better than they'd expected, and the ones that blow people's minds because they never thought one of their favorite dishes could be made using only plants and *still* taste just as good as, if not better than, the original. This recipe falls into the latter category. The original version tends to be overly greasy, and that oil coats your mouth, preventing you from experiencing the full flavor of every bite. This French onion soup, with its caramelized onion base, French bread, and melted cheese all over the top, has none of that. No greasiness plus maximum flavor makes for a very impressed family.

PREP TIME: 30 minutes (not including time to make Smoky Gouda Cheese Sauce)
ACTIVE TIME: 60 minutes

4 tablespoons (55 g) vegan butter (soy-free if necessary)
6 medium yellow onions, halved and very thinly sliced
2 garlic cloves, minced
1 tablespoon fresh thyme leaves
2 bay leaves
1 cup (240 ml) vegan dry white wine
2 tablespoons oat flour (certified gluten-free if necessary)
2 quarts (2 L) low-sodium vegetable broth
1 tablespoon nutritional yeast, optional
Salt and black pepper to taste
1 vegan baguette, sliced (gluten-free if necessary)
Smoked Gouda Cheese Sauce, "Melty" Variation (see Tip)
Chopped fresh parsley, optional

1. Melt the butter in a large pot or Dutch oven over medium heat. Add the onions and cook for 20 to 25 minutes, stirring every so often, until browned and caramelized. Add the garlic, thyme, and bay leaves and cook for 2 to 3 minutes more, until the garlic is fragrant. Add the wine and cook, stirring occasionally, until the liquid has been absorbed. Add the oat flour and cook, stirring constantly, until the flour is no longer visible, about 2 minutes.

2. Add the broth and bring to a boil. Reduce the heat and simmer for about 15 minutes, until thickened. Add the nutritional yeast (if using), salt, and pepper. Remove from the heat and discard the bay leaves.
3. Preheat the oven broiler. Arrange six small ovenproof bowls or ramekins on a baking sheet. Pour the soup into the bowls. Place 1 or 2 baguette slices on top of the soup. Spoon the cheese sauce over the bread. Place the baking sheet with the bowls under the broiler. Broil for 3 to 4 minutes, until the cheese is browned and bubbly. Remove from the heat and sprinkle with parsley (if using). Serve immediately. Leftover soup will keep in an airtight container in the fridge for 2 to 3 days.

TIP

- Heating the cheese sauce will take 5 to 7 minutes, so I suggest preparing it while the soup is simmering.

Truffled Mashed Potato–Stuffed Portobellos

SERVES 4

Your father-in-law begrudgingly agreed to come over for dinner instead of going to his favorite steak-house. There's a "This had better be good" feeling in the air and the spotlight is on you to make him forget that he's not sitting in his favorite booth, napkin tucked into his collar, digging into his favorite steak and potato dish. So what do you serve? This. You serve this. Portobello mushrooms, stuffed to the max with truffle oil–laced mashed potatoes, then roasted until the mushrooms are succulent and juicy and the mashed potatoes have a crispy, golden exterior, but are still soft and velvety once your fork dives into them. Next time, the steakhouse will be his plan B if these babies aren't available.

PREP TIME: 25 minutes (not including time to cook mashed potatoes)
ACTIVE TIME: 30 minutes
INACTIVE TIME: 20 minutes

4 large portobello mushrooms
2 teaspoons vegan butter (soy-free if necessary)
2 shallots, diced
1 garlic clove, minced
2 teaspoons fresh thyme leaves, plus more for garnish
Olive oil spray
Salt and black pepper to taste
½ batch Truffled Mashed Potatoes (see Tip)

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. Remove the stems from the portobellos and set aside the caps. Dice the stems into ½-inch (1 cm) pieces. Melt the butter in a large frying pan, preferably cast iron, over medium heat. Add the shallots, garlic, mushroom stems, and thyme. Cook for about 5 minutes, stirring occasionally, until the mushrooms are tender. Remove from the heat.
3. Spray the tops of the portobello caps with olive oil and place gill side up on the baking sheet. Sprinkle with salt and pepper, then divide the stem mixture among them. Scoop heaping mounds of mashed potatoes on top. Bake for 20 minutes, or until the mashed potatoes are golden. Serve immediately, garnished with more thyme leaves.

VARIATION

- To fancy up this dish, mash the potatoes until they're very smooth and transfer them to a pastry bag. Pipe the mashed potatoes into the mushroom caps as if you were icing a cupcake. Proceed with the instructions from there.

TIP

- If you don't already have the mashed potatoes on hand, prepare them while you preheat the oven.

Butternut Squash Risotto with Sage Butter

GF NFO SFO PA

SERVES 6

Risotto is always a fancy, impressive choice, but this recipe really takes the fancy factor to the max. By frying sage leaves in butter, the butter takes on a very strong sage flavor. Using that butter infuses a sage-y undertone throughout the whole dish that pairs beautifully with the roasted butternut squash. Topping it with all the fixings pretty much breaks the fanciness barometer.

PREP TIME: **15 minutes** (not including time to make Pepita Parmesan)
ACTIVE TIME: **50 minutes**

1 butternut squash, peeled, seeded, and chopped into 1-inch (2.5 cm) cubes
Olive oil spray
2 tablespoons coconut sugar
1 teaspoon ground cinnamon
1 teaspoon ground cumin
Salt and black pepper to taste
6 cups (1.4 L) low-sodium vegetable broth
8 tablespoons (105 g) vegan butter (soy-free if necessary)
1 cup (30 g) loosely packed fresh sage leaves
4 shallots, diced
1½ cups (300 g) arborio rice (certified gluten-free if necessary)
½ cup (120 ml) vegan white wine
⅓ cup (25 g) nutritional yeast
Pepita Parmesan , optional
Toasted pine nuts, optional

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper or a silicone baking mat. Spread out the squash cubes on the sheet and lightly spray with olive oil. Sprinkle with the coconut sugar, cinnamon, cumin, salt, and pepper. Toss to evenly coat, then spread out again on the sheet. Bake for 25 minutes, or until tender and caramelized. When done, remove from the oven and set aside.
2. Once the squash is in the oven, pour the broth into a pot, bring to a boil, then reduce to a low simmer. Line a plate with paper towels.

3. Melt the butter in a large shallow saucepan or Dutch oven over medium heat. Add the sage leaves and cook for 3 to 5 minutes, stirring occasionally, until the leaves are crispy. Use a slotted spoon to transfer the leaves to the plate. Pour half of the butter into a small cup and set aside.
4. Add the shallots to the butter in the pan and sauté until translucent. Add the rice and cook for a couple of minutes, just until the rice begins to become translucent. Add the wine and cook until the wine is absorbed. Add 2 cups (480 ml) of the broth, cover, and cook until the broth is absorbed. Add another 1 cup (240 ml) broth, cover, and cook until the broth is absorbed. Repeat until all the broth has been used and the rice is tender.
5. Add the nutritional yeast, salt, and pepper. Stir in the squash and remove from the heat. Serve topped with a drizzle of the reserved sage butter, the crispy sage leaves, Pepita Parmesan (if using), and toasted pine nuts (if using). Leftovers will keep in an airtight container in the fridge for 3 to 4 days.

Kung Pao Cauliflower

SERVES 4 TO 6

When you go to your in-laws' for dinner, they're very quick to order Chinese food because they know there's a steamed broccoli dish on the menu that is definitely vegan. That way you can get "your kind of food," and they can have their beef lo mein. Well, what if you could feed everyone with a satisfying, quick-to-make kung pao dish that's both extremely tasty and something everyone will love? The only things you need to do are sub the chicken with cauliflower and say goodbye to the little white take-out boxes.

PREP TIME: 20 minutes (not including time to cook noodles or rice)
ACTIVE TIME: 25 minutes

kung pao sauce

¼ cup (60 ml) water
2 tablespoons gluten-free tamari (use coconut aminos to be soy-free)
2 tablespoons brown rice vinegar
1 tablespoon no-salt-added tomato paste
2 teaspoons maple syrup
1 teaspoon sriracha, optional
1 teaspoon grated fresh ginger
2 teaspoons arrowroot powder

1 tablespoon sesame oil
1 tablespoon red pepper flakes
1 cup (270 g) diced sweet onion
1 large (1½- to 2-pound/680 to 900 g) head cauliflower, broken into small florets
2 tablespoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
2 garlic cloves, minced
1 red bell pepper, diced
½ cup (75 g) cashews
5 green onions (white parts chopped, green parts sliced lengthwise into thin strands)
Salt and black pepper to taste, optional
Cooked noodles (gluten-free if necessary) or rice

1. **To make the sauce** : Combine the water, tamari, vinegar, tomato paste, maple syrup, sriracha, and ginger in a cup or small bowl. Add the arrowroot and stir until combined. Set aside.
2. Heat the sesame oil in a large shallow saucepan or wok over medium heat. Add the red pepper flakes and stir constantly for about 2 minutes, making sure not to let the flakes burn. Add the onion and sauté until translucent. Add the cauliflower and liquid aminos, cover, and cook for 4 to 5 minutes, until heated through and the sauce is thickened. Add the garlic and bell pepper and cook, stirring occasionally, until the veggies are tender.
3. Add the cashews and the white parts of the green onions, then pour the sauce over the veggies. Cook for 3 to 4 minutes, stirring once or twice, until the sauce is thickened and heated through. Remove from the heat and add salt and pepper, if necessary. Serve over noodles or rice, garnished with the green onion strands. Keep any leftovers in an airtight container in the fridge for up to 4 days.

Creamy Spinach-Artichoke Pasta

SERVES 4

When all else fails, serve pasta—but not just any pasta. Serve this pasta, inspired by everyone's favorite dip. Creamy, tangy sauce with spinach and chunks of artichoke throughout? Your family is going to be on such a deliriously happy Pasta High (it's a real thing), that all differences will be put aside for a few beautiful hours. There will be laughter and hugs and high-fives. Just like the pasta dish itself, it will be magical.

PREP TIME: 15 minutes (not including time to make Pepita Parmesan)
ACTIVE TIME: 20 minutes

One 12-ounce (340 g) package frozen chopped spinach, thawed (see Tip)
1 pound (455 g) penne or rigatoni pasta (gluten-free if necessary)
One 12-ounce (340 g) vacuum-packed block extra firm silken tofu
1½ cups (360 ml) unsweetened nondairy milk (nut-free if necessary)
⅓ cup (25 g) nutritional yeast
¼ cup (60 ml) vegan white wine
¼ cup (60 ml) lemon juice
3 tablespoons arrowroot powder
2 teaspoons garlic powder
2 teaspoons onion powder
¼ teaspoon cayenne pepper
1 tablespoon vegan butter
One 14- to 15-ounce (400 to 425 g) can artichoke hearts, rinsed, drained, and quartered if whole
2 garlic cloves, minced
Salt and black pepper to taste
Pepita Parmesan , optional

1. Place the spinach in a clean kitchen towel. Wrap the kitchen towel around the spinach and twist to squeeze out all the extra liquid. Set the spinach aside.
2. Bring a large pot of water to a boil, add a bit of salt, and add the pasta. Cook the pasta according to the package instructions until al dente. Drain and set the pasta aside.

3. While the pasta is cooking, combine the tofu, milk, nutritional yeast, wine, lemon juice, arrowroot, garlic powder, onion powder, and cayenne pepper in a blender and blend until smooth. Set aside.
4. Melt the butter in a large shallow saucepan over medium heat. Add the artichokes and cook, stirring occasionally, for 3 to 4 minutes, until they begin to brown. Add the minced garlic and spinach and cook until heated through. Add the pasta and tofu mixture and stir, cooking until heated through. Add salt and pepper, then remove from the heat. Serve topped with Pepita Parmesan (if using). Leftovers will keep in an airtight container in the fridge for up to 3 days.

TIP

- If you can't find a 12-ounce (340 g) package frozen chopped spinach, 10 ounces (285 g) will also work, or you can thaw 1 pound (455 g) and leave a little bit out.

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My brother thinks there's no such thing as a "meatless sandwich."

HEARTY AND SATISFYING MEAT-FREE SANDWICHES

Most of us were raised on sandwiches filled with a variety of deli meats, chicken or tuna salads, and lots of cheese. If you take all of that away, what goes between those two slices of bread? Lettuce? The answer is: a whole lot of stuff. When you stop limiting yourself to meats and cheeses being the star of the sandwich, it opens up a whole new world of possibilities. There's no end to how creative you can get with a vegan sandwich!

IN THIS CHAPTER

Fillet o' Chickpea Sandwich with Tartar Sauce Slaw

The Portobello Philly Reuben

BBQ Pulled Jackfruit Sandwich

The Avocado Melt

Chickenless Salad Sandwich

Lemongrass Tofu Banh Mi

Fillet o’ Chickpea Sandwich with Tartar Sauce Slaw

MAKES 6 SANDWICHES

I think we’ve all at least heard of that fish fillet sandwich from the fast-food restaurant best known for its golden arches. You know, the one with the square patty. I hate to be a Debbie Downer, but if we keep stripping our seas of fish for sandwiches like this, we may see the end of most sea life in our lifetime. So satisfy your fish fillet sandwich cravings with this Fillet o’ Chickpea Sandwich instead. Artichoke hearts, Old Bay Seasoning, and kelp granules give this fillet its seafood flavor, while rice helps build a substantial patty. Top it all off with some homemade tartar sauce slaw and cheese sauce and you too will be convinced that fishing is unnecessary. You can even make the patty square-shaped, if you’d like—it’s your sandwich, after all.

PREP TIME: 25 minutes (not including time to cook brown rice and make Basic Cashew Cheese Sauce)
ACTIVE TIME: 50 minutes
INACTIVE TIME: 2 hours

tartar sauce

½ cup (75 g) raw cashews, soaked in warm water for 1 hour and drained, water reserved
¼ cup (60 ml) reserved soaking water
¼ cup (55 g) vegan mayonnaise (soy-free if necessary)
¼ cup (60 ml) lemon juice
1 tablespoon caper brine
1 teaspoon dried dill

slaw

3 cups (150 g) shredded cabbage
1 cup (110 g) grated carrot

chickpea fillets

1½ cups (255 g) cooked chickpeas (or one 15-ounce/425 g can, rinsed and drained)
1 tablespoon liquid aminos (use coconut aminos to be soy-free)
One 14- to 15-ounce (400 to 425 g) can artichoke hearts, rinsed and drained
1 cup (160 g) cooked brown rice
¼ cup + 1 tablespoon (38 g) chickpea flour, plus more if needed

1 tablespoon Old Bay Seasoning

½ to 1 teaspoon kelp granules

½ teaspoon dried dill

Salt and black pepper to taste

1½ cups (270 g) vegan bread crumbs (gluten-free if necessary)

Vegetable oil for pan-frying

sandwiches

Basic Cashew Cheese Sauce

6 vegan sandwich rolls or burger buns (gluten-free if necessary), split horizontally

Sliced avocado

1. **To make the tartar sauce** : Combine the tartar sauce ingredients in a food processor or blender and process until smooth.
2. **To make the slaw** : Combine the shredded cabbage and carrots in a large bowl and add ½ cup of the tartar sauce. Mix until fully combined and chill for at least 1 hour. Transfer the remaining tartar sauce to a small bowl and refrigerate until needed.
3. **To make the chickpea fillets** : Heat a large frying pan, preferably cast iron, over medium heat. Add the chickpeas and cook for a couple of minutes. Add the liquid aminos and cook for 5 to 7 minutes, stirring occasionally, until the liquid has been absorbed. Remove from the heat. Use a fork or pastry cutter to gently mash the chickpeas. You only have to mash them a bit; you still want them a little chunky.
4. Place the artichoke hearts in a food processor and pulse 5 to 7 times, until the artichokes are broken down into little pieces but not mushy.
5. Combine the chickpeas, artichokes, rice, and chickpea flour in a large bowl. Use your hands to mash the mixture until it's fully combined and will hold together when you squeeze it. If it doesn't hold together, add more chickpea flour by the tablespoon until it holds. Add the Old Bay, kelp granules to taste, the dill, salt, and pepper and mix until combined.
6. Line a baking sheet with parchment paper or a silicone baking mat. Line a plate with paper towels to drain the cooked fillets.
7. Pour the bread crumbs into a shallow bowl. Divide the chickpea mixture into six equal portions. One at a time, shape each into the fillet shape of your choice (round, square, rectangle), place in the bread crumbs, and gently flip until all sides are covered. Gently shake off the excess crumbs and place on the prepared baking sheet.

8. Heat a large frying pan over medium heat. Add oil until the bottom of the pan is thinly coated. Once the oil begins to shimmer, add 2 or 3 fillets. Cook for 2 to 3 minutes on each side, until both sides are golden. Transfer the fillets to the paper-towel-lined plate to drain the excess oil. Cover with a clean kitchen cloth to keep warm while you repeat with the remaining filets (adding more oil to the pan if necessary).
9. **To assemble each sandwich** : Spread cheese on the bottom half of a roll and spread tartar sauce on the top half. Place a fillet on top of the cheese sauce, then add some avocado slices, a pile of slaw, and cover with the top half of the roll. Serve immediately. If you plan to eat the sandwich later, store it in an airtight container and refrigerate for up 5 hours. Leftover fillets will keep in an airtight container in the fridge for 3 to 4 days.

The Portobello Philly Reuben

MAKES 4 SANDWICHES

Even vegans have a hard time deciding between Philly cheesesteak sandwiches and Reuben sandwiches. Why not combine the two? The savory portobello steak strips, melted cheese sauce, and hearty sandwich roll of a Philly cheesesteak join forces with the loads of sauerkraut and creamy Russian dressing of a Reuben. It's a match made in sandwich heaven.

PREP TIME: 15 minutes (not including time to make Smoked Gouda Cheese Sauce)
ACTIVE TIME: 20 minutes
INACTIVE TIME: 10 minutes

Russian dressing

⅓ cup (75 g) vegan mayonnaise (soy-free if necessary)
1 tablespoon ketchup
1 tablespoon no-salt-added tomato paste
2 teaspoons red wine vinegar
1 teaspoon dried dill
½ teaspoon smoked paprika
2 to 3 tablespoons sweet pickle relish

sandwiches

4 portobello mushroom caps
Olive oil spray
2 tablespoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
2 tablespoons vegan Worcestershire sauce (gluten-free and/or soy-free if necessary)
Black pepper to taste
4 vegan sandwich rolls (gluten-free if necessary), split horizontally
Smoked Gouda Cheese Sauce, Melty Variation
Loads of sauerkraut

1. **To make the Russian dressing** : Stir together the mayonnaise, ketchup, tomato paste, vinegar, dill, and paprika in a small bowl. Add relish to taste. Chill until ready to use.
2. **To make the sandwiches** : Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper or a silicone baking mat. Lightly spray the top and bottom of

each portobello cap with olive oil and place on the baking sheet gill side up.

3. In a small cup or bowl, mix together the liquid aminos and Worcestershire sauce. Drizzle over the mushrooms, then sprinkle with pepper. Bake for 10 minutes. Remove from the oven and let cool for a few minutes. Slice the mushrooms on a bias into ½-inch (1 cm) strips. Heat the cheese sauce and keep warm.
4. Preheat the broiler. Arrange the rolls on the baking sheet, cut side up. Lay portobello strips on the bottom halves. Spread or drop cheese sauce on top of the mushrooms. Place under the broiler for 1 to 2 minutes, until the cheese is golden and the bread is toasted.
5. Add a pile of sauerkraut onto the cheesy half of each sandwich, then spread Russian dressing on the top half of each roll. Place the top half on top of the sandwich and serve immediately.

VARIATION

- To make this sans bread, rather than slicing the portobellos, drain any extra liquid from the caps and fill them with the cheese. Turn on the broiler and return the mushrooms to the oven for 2 to 3 minutes, until the cheese is golden. To serve, top with sauerkraut and a drizzle of Russian dressing.

BBQ Pulled Jackfruit Sandwich

MAKES 4 SANDWICHES

Vegans like barbecue-y goodness, too. We love the stuff! We just prefer that our barbecue sauce be slathered on plants, rather than animals. In this case, jackfruit steps up to the plate to get drenched and roasted in the magical sauce. And by "magical" I mean "spiked with sriracha," which means this sandwich packs some heat. Meanwhile the Creamy, Crunchy Coleslaw helps cool it down. The result? A sandwich we can all get on board with.

PREP TIME: 10 minutes (not including time to make Creamy, Crunchy Coleslaw)
ACTIVE TIME: 20 minutes
INACTIVE TIME: 20 minutes

BBQ jackfruit

One 20-ounce (565 g) can jackfruit (packed in brine or water, not syrup)
1 teaspoon olive oil
½ sweet onion, chopped
1 garlic clove, minced
½ teaspoon ground cumin
½ teaspoon smoked paprika
¾ cup (180 ml) vegan barbecue sauce (homemade or store-bought)
1 to 2 tablespoons sriracha
2 teaspoons arrowroot powder
Salt and black pepper to taste

sandwiches

4 vegan sandwich rolls or burger buns (gluten-free if necessary), split horizontally
Creamy, Crunchy Coleslaw
Sliced avocado, optional

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. Rinse and drain the jackfruit. Use two forks or your fingers to pull it apart into shreds, so that it somewhat resembles pulled meat. It will fall apart even more when you cook it.

3. Heat the oil in a large shallow saucepan over medium heat. Add the onion and garlic and sauté until the onion is translucent. Add the jackfruit, cumin, and paprika and cook, stirring occasionally, for about 5 minutes. Add salt and pepper.
4. In a cup or small bowl, stir together the barbecue sauce, sriracha, and arrowroot powder. Add to the jackfruit. Cook for 1 minute.
5. Spread out the jackfruit on the prepared baking sheet. Bake for 20 minutes, stirring once halfway through, until sauce is thick and sticky.
6. **To assemble the sandwich** : Open a roll on a plate. Place avocado slices (if using) on the bottom half. Scoop a heap of the jackfruit on top, then top the jackfruit with a pile of coleslaw. Place the other half of the roll on top and serve immediately. Leftover jackfruit will keep in an airtight container in the fridge for 3 to 4 days.

The Avocado Melt

MAKES 2 SANDWICHES

It's not rocket science —avocado on anything is good. Cheese melted on top is even better. In a sandwich with a couple of other choice add-ins makes it the best. You get the idea.

PREP TIME: 15 minutes (not including time to Basic Cashew Cheese Sauce)
ACTIVE TIME: 10 minutes

4 bread slices (gluten-free if necessary)

Vegan butter (soy-free if necessary)

1 avocado, pitted, peeled, and sliced

Salt and black pepper to taste

½ batch Basic Cashew Cheese Sauce, Melty Variation (see Tip)

Optional add-ins: Quick Bacon Crumbles , Pickled Red Cabbage & Onion Relish , sliced tomatoes, chopped green onions

Vegan mayonnaise (soy-free if necessary)

1. Preheat the broiler.
2. Toast the bread in a toaster on a medium setting—you don't want it to get too toasted. Lightly butter the toast. Spread out half of the avocado slices on each of two slices of toast. Place both on a baking sheet. Sprinkle salt and pepper over the avocado. Drizzle or dollop cheese sauce on top. Place the baking sheet under the broiler for about 2 minutes, until the cheese is lightly browned. Remove from the oven and top with your desired add-ins (if using). Spread mayonnaise on the remaining slices of toast and place them on top of the sandwiches. Serve immediately.

TIP

▶ Heat the cheese sauce right before you're ready to put the sandwiches in the oven.

Chickenless Salad Sandwich

MAKES 4 SANDWICHES

All you need to do to make the classic lunchtime sandwich vegan is replace the chicken with an extremely flavorful pressed, marinated, and baked tofu and switch out the mayo with a vegan variety. Celery and onion add some crunch to each bite and, when it's shoved between two slices of bread with some lettuce and tomato, nobody is going to miss the chicken!

PREP TIME: 15 minutes
ACTIVE TIME: 15 minutes
INACTIVE TIME: 1 hour + 50 minutes

½ cup (120 ml) low-sodium "no-chicken" flavored vegetable broth (or regular low-sodium vegetable broth)

¼ cup (60 ml) liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)

1 teaspoon dried thyme

½ teaspoon dried marjoram

½ teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon paprika

½ teaspoon liquid smoke

One 14-ounce (397 g) block extra firm tofu, drained and pressed for 1 hour (see How to Press Tofu)

⅓ cup (75 g) vegan mayonnaise

1 teaspoon Dijon mustard (gluten-free if necessary)

1 teaspoon dried dill

2 celery stalks, halved lengthwise and finely chopped

¼ small yellow onion, diced

Salt and black pepper to taste

Lettuce

Sliced tomato

8 vegan bread slices (or 4 vegan sandwich rolls; gluten-free if necessary)

1. Combine the broth, liquid aminos, thyme, marjoram, garlic powder, onion powder, paprika, and liquid smoke in an 8 × 8-inch (20 × 20 cm) baking dish. Slice the tofu into

½-inch (1 cm) cubes, add to the marinade, and toss until coated. Marinate the tofu for 20 minutes, tossing a couple of times to evenly distribute the marinade.

2. Preheat the oven to 350°F (180°C). Line a baking sheet with parchment paper or a silicone baking mat. Use a slotted spoon to scoop and spread the tofu onto the prepared baking sheet. Bake for 30 minutes, tossing once halfway through, until crisp and golden brown. Remove the tofu from the oven and let cool for about 5 minutes.
3. Combine the mayonnaise, mustard, and dill in a large bowl. Add the celery, onion, and tofu and stir until thoroughly combined. Season with salt and pepper. You can eat it right away or chill it before serving to allow the flavors to marry. The salad can be made up to 2 days before serving.
4. To assemble each sandwich, place some lettuce and sliced tomato on one bread slice (or the bottom half of a roll). Add a big pile of the salad and top with another slice of bread or the top of the roll. Serve immediately, or store the sandwiches in an airtight container in the fridge for up to 5 hours.

VARIATION

- You can also serve this in a tortilla or lavash as a wrap. Or ditch the bread altogether and throw it in a bowl with some lettuce and you have yourself a salad.

Lemongrass Tofu Banh Mi

MAKES 2 LARGE OR 4 SMALL SANDWICHES, WITH EXTRA SALAD

I somehow made it all the way to my thirties, and well into my time as a vegan, before trying a banh mi sandwich. So I may be biased in saying that vegan banh mis are better than the non-vegan versions. But seriously—marinated tofu, pan-fried in a lemongrass puree, stuffed into a baguette with jalapeño-pickled carrot and daikon, fresh cucumber slices, cilantro, jalapeño slices, and chopped green onions? And don't forget the sriracha aïoli! There's so much flavor and wonderfulness packed into that baguette, I can't imagine anyone will be wishing that it had meat in it.

PREP TIME: 25 minutes
ACTIVE TIME: 25 minutes
INACTIVE TIME: 24 hours

pickled carrot & daikon salad

1 cup (120 g) julienned carrot

1 cup (140 g) julienned daikon radish

1 small jalapeño, sliced

½ cup (120 ml) water

¼ cup (60 ml) rice vinegar

2 tablespoons agave syrup

¼ teaspoon salt

lemongrass tofu

One 14-ounce (397 g) block extra firm tofu, drained and pressed for at least 30 minutes (see How to Press Tofu)

4 lemongrass stalks, ends trimmed and outer leaves discarded, roughly chopped

1 garlic clove, minced

2 tablespoons water

2 tablespoons gluten-free tamari

1 tablespoon lemon juice

1 teaspoon maple syrup

1 teaspoon sriracha

1 teaspoon liquid smoke

1 tablespoon coconut oil

2 tablespoons sesame seeds, optional

sriracha aïoli

½ cup (110 g) vegan mayonnaise

1 or 2 garlic cloves, minced and pressed

2 tablespoons lemon juice

1 tablespoon sriracha

sandwiches

1 long vegan baguette (or 2 large or 4 small vegan sandwich rolls; gluten-free if necessary), split horizontally

1 cup (160 g) thinly sliced cucumber

Chopped fresh cilantro

Sliced jalapeño

Chopped green onions (green and white parts)

1. A day prior to serving, **make the salad** : Combine the carrot and daikon with the jalapeño in a large jar or other airtight container. Stir together the water, vinegar, agave syrup, and salt in a large measuring cup. Pour the brine over the veggies and cover with a tight-fitting lid. Shake the container to fully mix everything together, then refrigerate for at least 1 day. It will keep for 2 weeks.
2. **To make the lemongrass tofu** : Chop the tofu in half both ways, making four rectangles. Combine the lemongrass, garlic, water, tamari, lemon juice, maple syrup, sriracha, and liquid smoke in a blender. Blend until smooth. If necessary, add more water by the tablespoon to thin it into a sauce. Pour into an 8 × 8-inch (20 × 20 cm) baking dish. Place the tofu rectangles in the baking dish and turn over so both sides are covered in the marinade. Let the tofu marinate for 20 minutes, flipping them once halfway through.
3. While the tofu is marinating, **make the aïoli** : Combine all the ingredients in a small cup or bowl, stirring until well mixed.
4. After the tofu has finished marinating, heat the coconut oil in a large frying pan, preferably cast iron, over medium heat. Add the tofu rectangles and cook for 2 to 3 minutes per side, until each side has a crispy, golden exterior. Drizzle half of the leftover marinade into the pan and cook the tofu for 1 minute more, or until the liquid has been absorbed. Flip the tofu, add the remaining marinade, and cook until the liquid has been absorbed. Add the sesame seeds and toss until coated. Remove from the heat.
5. Slice the rounded ends off the baguette, then cut it in half to make two large sandwiches or into four pieces for small sandwiches.

6. **To assemble each sandwich** : Spread aïoli on the bottom half of the bread. Lay a few cucumber slices on the aïoli, then place tofu on top of the cucumber slices. (If you're making two large sandwiches, use two pieces of tofu. If you're making four small sandwiches, just use one piece per sandwich.) Top the tofu with some carrot and daikon salad, cilantro, jalapeño, and green onions. Serve immediately. To eat the sandwich later, store it in an airtight container and refrigerate for up to 5 hours. Leftover tofu will keep in an airtight container in the fridge for 4 to 5 days.

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My sister thinks vegan baking is something only hippies do.

VEGAN BAKED GOODS THAT YOU DON'T HAVE TO BE A HIPPIE TO LOVE

"Hey, I just bit into this cookie and I don't like it because I miss the taste of eggs," said no one ever. In fact, it's so easy to replace eggs, butter, and other dairy products in baking that it's usually not even noticeable. I know it seems like doing something as "weird" as replacing eggs with applesauce, or butter with—gasp!—*vegan* butter, sounds like something only a hippie would do, but the results are just as moist, decadent, and sweet tooth–satisfying as their non-vegan counterparts.

IN THIS CHAPTER

Blueberry Banana Muffins

Chocolate Layer Cake

Peanut Butter Oatmeal Cookies

Salted Vanilla Maple Blondies

Pumpkin Chai Scones

Strawberry-Peach Crisp with Vanilla Whipped Cream

Blueberry-Banana Muffins

MAKES 12 MUFFINS

Close your eyes. Now imagine how great it would be if blueberry muffins and banana bread got married and had a baby. Pretty great, right? Well, open your eyes! Their magical baby is here! You don't have to dream anymore. What makes these already incredible muffins that much more awesome is that the mashed bananas do double duty, also acting as an egg replacer! You can have your dream muffins and ditch the eggs, too!

PREP TIME: 10 minutes
ACTIVE TIME: 25 minutes
INACTIVE TIME: 20 minutes

¾ cup (180 ml) nondairy milk (nut-free and/or soy-free if necessary)
1 teaspoon apple cider vinegar
2 cups (220 g) oat flour (certified gluten-free if necessary)
⅓ cup (55 g) sweet white rice flour
1 tablespoon cornstarch (or arrowroot powder)
1 tablespoon baking powder
½ teaspoon ground cinnamon
½ teaspoon salt
2 ripe (very speckled) medium bananas, mashed
⅓ cup (80 ml) maple syrup
2 tablespoons coconut oil, melted
1 tablespoon flax meal
1 teaspoon vanilla extract
1 cup (150 g) fresh blueberries (see Tip)
⅓ cup (50 g) coconut sugar

1. Preheat the oven to 350°F (180°C). Line a 12-cup muffin tin with paper or silicone liners.
2. Combine the milk and vinegar in a cup or small bowl. Set aside.
3. Combine the oat flour, rice flour, cornstarch, baking powder, cinnamon, and salt in a large bowl and whisk until thoroughly combined.

4. Combine the bananas, maple syrup, coconut oil, flax meal, and vanilla in a medium bowl and add the milk mixture. Stir until combined. Add the wet ingredients to the dry ingredients and stir together until combined. Fold in the blueberries and sugar.
5. Pour the batter into the muffin tin. Bake for 23 to 25 minutes, until the tops are golden and firm. Let the muffins cool in the tin for about 5 minutes before transferring to a cooling rack. Cool completely before serving. Leftovers will keep in the fridge or at room temperature for 3 to 4 days.

TIP

- You can use frozen blueberries instead of fresh, but to prevent them from bleeding, make sure to keep them in the freezer until just before you use them.

Chocolate Layer Cake

SERVES 12

A slice of moist chocolate cake with killer chocolate frosting is one of life's most precious gifts. If it's good enough, time will literally stand still while you savor it. There's no need for you or your family to miss out on this great treasure just because you've gone vegan. In this recipe, the butter and milk have both been replaced with simple vegan substitutes, but the eggs have been replaced with a new phenomenon in the vegan world: aquafaba. As weird as it sounds, this chickpea-derived liquid is a fantastic egg-replacer in vegan baking, and don't worry—it doesn't leave any chickpea flavor behind! The frosting is made of dates and melted chocolate, thick, fudgy, and rich. The white rice flour makes this cake light and airy and perfectly suitable for gluten-sensitive family members. Everyone can indulge in this treasured favorite!

PREP TIME: 15 minutes
ACTIVE TIME: 40 minutes
INACTIVE TIME: 60 minutes

chocolate cake

Vegan cooking spray (or vegan butter; soy-free if necessary)
2¼ cups (540 ml) unsweetened vanilla nondairy milk (nut-free and/or soy-free if necessary)
3 tablespoons apple cider vinegar
3 cups (450 g) white rice flour
1½ cups (120 g) cocoa powder
¼ cup + 2 tablespoons (45 g) oat flour (certified gluten-free if necessary)
¼ cup + 2 tablespoons (60 g) coconut sugar
1 tablespoon baking powder
1 tablespoon baking soda
1½ teaspoons salt
1 cup (240 ml) maple syrup
12 tablespoons (160 g) vegan butter (soy-free if necessary), melted
½ cup + 1 tablespoon (135 ml) aquafaba
1 tablespoon vanilla extract

frosting

1 cup (180 g) vegan chocolate chips (or chunks)

3 cups (165 g) pitted Medjool dates

1 cup (240 ml) unsweetened vanilla nondairy milk (nut-free and/or soy-free if necessary)

¼ cup (20 g) cocoa powder

1 teaspoon vanilla extract

½ teaspoon salt

Vegan chocolate shavings, optional

1. Preheat the oven to 350°F (180°C). Lightly spray three 9-inch (23 cm) cake pans with cooking spray or grease them with a bit of butter.
2. **To make the cake** : Combine the milk and vinegar in a medium bowl. Set aside.
3. Whisk together the rice flour, cocoa powder, oat flour, sugar, baking powder, baking soda, and salt in a large bowl.
4. Add the maple syrup, butter, aquafaba, and vanilla to the milk mixture and whisk until combined. Add the wet ingredients to the dry ingredients and stir until thoroughly combined and smooth.
5. Distribute the batter evenly among the three pans. Bake for 35 to 40 minutes, until a toothpick inserted into the center comes out clean. Let the layers cool in the pans for about 30 minutes. Run a knife around the inside edge of the cake pans and gently transfer the layers to cooling racks to let them cool completely.
6. Once the layers come out of the oven, **make the frosting** : Melt the chocolate chips in a double boiler or a heatproof bowl on top a pot of boiling water, stirring occasionally, until smooth. Remove from the heat. Combine the dates and milk in a food processor and process until smooth. Add the melted chocolate, cocoa powder, vanilla, and salt and process until smooth. Transfer the frosting to a jar and refrigerate for at least 30 minutes, or until ready to use.
7. Once the frosting has chilled and thickened, place one of the layers on a plate or serving dish. Using a thin silicone spatula or a butter knife, evenly spread a layer of frosting on top. Place another layer on top of the frosting. Evenly spread frosting on the top of the second layer, then top with the third layer. Spread the rest of the frosting evenly over the top and around the sides until the entire cake is covered. Top with chocolate shavings, if desired. Slice and serve. The cake will keep, covered, at room temperature or in the fridge for 3 to 4 days.

VARIATION

- To make 12 cupcakes, divide the quantity of the cake ingredients by three and the frosting ingredients by two. Line the cups of a 12-cup muffin tin with paper or silicone liners and distribute the batter evenly among the cups. Bake for 18 to 20 minutes, until a toothpick inserted into the center comes out almost clean. Let the cupcakes cool in the tin for 30 minutes before transferring them to the cooling rack. Cool completely before frosting.

TIP

- The frosted cake will gain moisture and firmness if refrigerated in an airtight container overnight.

Peanut Butter Oatmeal Cookies

MAKES 30 COOKIES

Who doesn't love a hearty, chewy, peanut-buttery oatmeal cookie, crammed with all sorts of tasty add-ins? Nobody. That's why these cookies are bound to be a hit with everyone in the family. Peanut butter (or the nut or seed butter of your choice) works together with applesauce and coconut oil to replace eggs and butter, making a remarkably flavorful binder that builds perfectly soft and chewy cookies. You can make them as is, or add chocolate chips, raisins, nuts, or all of the above. I mean, really, who's not going to like this cookie?

PREP TIME: 10 minutes
ACTIVE TIME: 20 minutes
INACTIVE TIME: 10 minutes

1 cup (130 g) unbleached all-purpose flour (or gluten-free flour blend, soy-free if necessary)

1 cup (100 g) rolled oats (certified gluten-free if necessary)

1 teaspoon baking soda

1 teaspoon ground cinnamon

½ teaspoon salt

½ teaspoon xanthan gum (exclude if using all-purpose flour or if your gluten-free blend includes it)

¼ teaspoon ground nutmeg

1 cup (260 g) unsalted, unsweetened natural peanut butter

½ cup (120 ml) maple syrup

⅓ cup (80 g) unsweetened applesauce (or mashed banana)

¼ cup (60 ml) coconut oil, melted

¼ cup (40 g) coconut sugar, optional

1 teaspoon vanilla extract

Optional add-ins: ½ cup (60 to 90 g) raisins, chopped peanuts, and/or vegan chocolate chips

1. Preheat the oven to 350°F (180°C). Line two baking sheets with parchment paper or silicone baking mats.
2. In a large bowl, whisk together the flour, oats, baking soda, cinnamon, salt, xanthan gum (if using), and nutmeg until fully incorporated.

3. In a medium bowl, combine the peanut butter, maple syrup, applesauce, coconut oil, coconut sugar (if using), and vanilla. Stir until combined.
4. Add the wet ingredients to the dry ingredients and stir until combined. If you're using add-ins, fold them in.
5. Scoop a heaping tablespoon of dough out of the bowl, roll it in your hands to make a perfect ball, and place it on the baking sheet. Repeat with the remaining dough, spacing the balls 1½ inches (4 cm) apart. Use your fingers to gently flatten each ball just a bit.
6. Bake for 10 to 12 minutes, until firm and slightly golden along the bottom. Let the cookies cool on the baking sheets for about 5 minutes before transferring them to a cooling rack. Cool completely before serving. The cookies will keep stored in an airtight container (in the fridge if the weather is warm) for 3 to 4 days.

Salted Vanilla Maple Blondies

GF SF

MAKES 12 BARS

While people get super hyped about the combination of salt and caramel, the beautiful way that salt pairs with vanilla and maple often gets overlooked. It's a powerful trio, and when

they're packed into these delectable little bars, it's hard to stop at just one. Cashew butter (homemade or store-bought) creates the chewy, luscious base for these blondies, and combining it with applesauce eliminates the need for eggs or butter. Nothing can stop the heavenly flavors of the vanilla, maple syrup, and flaked salt from shining through.

PREP TIME: **15 minutes**
ACTIVE TIME: **15 minutes**
INACTIVE TIME: **35 minutes**

1½ cups (165 g) oat flour (certified gluten-free if necessary)
¼ cup (40 g) sweet white rice flour
¼ cup (40 g) coconut sugar (or brown sugar)
2 tablespoons tapioca powder
½ teaspoon baking soda
½ teaspoon salt
½ cup (130 g) cashew butter (see Tip)
½ cup (120 ml) maple syrup
½ cup (120 g) unsweetened applesauce
1 tablespoon coconut oil, melted
1 tablespoon apple cider vinegar
Scrapings from inside 1 vanilla bean (or 1 teaspoon vanilla powder)
1 teaspoon vanilla extract
Flaked sea salt

1. Preheat the oven to 350°F (180°C). Line an 8 × 8-inch (20 × 20 cm) baking dish with parchment paper. Let some hang over the edges, to make it easy to removed the blondies from the pan.
2. Whisk together the oat flour, rice flour, coconut sugar, tapioca powder, baking soda, and salt in a medium bowl.
3. Use a hand mixer to mix together the cashew butter, maple syrup, applesauce, and coconut oil in a large bowl. Stir in the vinegar, vanilla bean scrapings, and vanilla extract. Gradually stir the dry ingredients into the wet ingredients until well incorporated. Pour the batter into the prepared baking dish and lightly sprinkle sea salt flakes over the top.
4. Bake for 30 to 35 minutes, until the top is golden brown and firm and a toothpick inserted into the center comes out clean. Remove from the oven and let cool completely in the pan.
5. Once cool, use the parchment paper to lift the blondie out of the baking dish. Slice into 12 pieces. You can store the blondies in an airtight container at room temperature, but

they'll hold their moisture longer when refrigerated. They'll keep for 3 to 4 days.

VARIATION

- I'm sure I don't need to tell all you crazy chocoholics out there that these blondies are just *begging* for chocolate chips. Fold ½ cup (90 g) vegan chocolate chips into the batter before transferring to the baking dish.

TIP

- If you don't have cashew butter, soak 1 cup (150 g) raw cashews in warm water for 1 hour. Drain and discard the soaking water. Place the cashews in a food processor and process until smooth. You can then add the maple syrup, applesauce, vinegar, vanilla bean scraping, and vanilla extract directly to the processor and process until smooth, rather than dirty up another bowl.
- These blondies get denser and chewier when refrigerated overnight. If you have the patience, after they've cooled in the pan, cover and refrigerate overnight. Slice before serving.

Pumpkin Chai Scones

MAKES 8 SCONES

There's nothing like having something warm, sweet, and crumbly to nibble on while you sip on tea or coffee, especially if there's a chill in the air and you're bundled up in a blanket, or the very least a warm scarf, while you partake. These scones are perfect for those very occasions. The pumpkin adds a comforting flavor and helps hold the scones together, while the chai spices work with that blanket to warm you up. You can't not be cozy while noshing on these beauties.

PREP TIME: 15 minutes
ACTIVE TIME: 30 minutes
INACTIVE TIME: 30 minutes

scones

½ cup (120 ml) unsweetened vanilla nondairy milk (nut-free and/or soy-free if necessary)

1 teaspoon apple cider vinegar

2 cups (260 g) unbleached all-purpose flour (or gluten-free flour blend, soy-free if necessary)

⅓ cup (50 g) coconut sugar (or brown sugar)

2 teaspoons baking powder

1 teaspoon baking soda

1 teaspoon ground cinnamon

1 teaspoon ground ginger

½ teaspoon ground cardamom

¼ teaspoon ground cloves

¼ teaspoon ground nutmeg

¼ teaspoon salt

¼ teaspoon xanthan gum (exclude if using all-purpose flour or if your gluten-free blend includes it)

8 tablespoons (105 g) very cold vegan butter (soy-free if necessary)

½ cup (120 g) pureed pumpkin (not pumpkin pie filling)

1 teaspoon vanilla extract

Oat flour (certified gluten-free if necessary) for dusting and kneading

icing

½ cup (60 g) powdered sugar (or xylitol)

1 tablespoon unsweetened vanilla nondairy milk (nut-free and/or soy-free if necessary)

Pinch of ground cinnamon

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. Combine the milk and vinegar in a medium bowl and set aside.
3. Combine the flour, coconut sugar, baking powder, baking soda, cinnamon, ginger, cardamom, cloves, nutmeg, salt, and xanthan gum (if using) in a large bowl. Whisk together until fully combined. Cut in the butter until all the pieces are smaller than your pinkie fingernail and the mixture has the texture of wet sand.
4. Add the pumpkin and vanilla to the milk mixture and stir until combined. Add the wet ingredients to the dry ingredients and stir until combined. The dough will be wet and sticky.
5. Generously flour your work surface with oat flour. Turn the dough out onto the surface and use your hands to scoop flour onto the ball of dough until all sides are coated. Gently flatten the dough a bit, then fold it over on top of itself. It's okay if it tears, just patch it up the best you can. Flatten the dough again, then sprinkle some more flour on top and spread it out so that the top is coated. Fold it over on itself again. Repeat flouring and folding about five more times, until the dough is still soft and pliable and doesn't fall apart when folded, but don't overdo it to the point where the dough gets tough.
6. Shape the dough into an 8-inch (20 cm) circle. Slice into eight equal-size triangles. Place them on the prepared baking sheet. Bake for 15 to 20 minutes, until lightly browned and firm. Let the scones cool on the pan for about 10 minutes before transferring them to a cooling rack to cool completely.

7. While the scones are cooling, **make the icing:** Combine all the ingredients in a small bowl and whisk with a fork until smooth.
8. Once the scones are cool, drizzle the icing over the tops. The scones will keep in an airtight container at room temperature for 2 to 3 days.

TIP

- For those who are patience deficient, just let the scones cool for 10 minutes, skip the icing, and enjoy right away.

Strawberry-Peach Crisp with Vanilla Whipped Cream

GF NF SFO PA

SERVES 8

If anyone in your family is very wary of a full-blown vegan baked dessert—that one who looks at the plate of cookies and says with disgust "Are these vegan?" before moving on and choosing something else—it may be best to start them off with something that has a taste and texture they're familiar with. Warm, gooey strawberries and peaches topped with a crispy, fragrant oat streusel and a dollop of vanilla whipped cream? They may start to object, but their mouth will be so full of this lovely dessert that no one will hear them.

PREP TIME: **20 minutes** (not including time to chill coconut cream)
ACTIVE TIME: **20 minutes**
INACTIVE TIME: **30 minutes**

filling

Vegan cooking spray (soy-free if necessary)
1 pound (455 g) strawberries, hulled and quartered
3 medium peaches, pitted and thinly sliced
3 tablespoons coconut sugar (or brown sugar)
2 tablespoons lemon juice
1 tablespoon arrowroot powder
1 teaspoon grated fresh ginger

streusel

¾ cup (90 g) oat flour (certified gluten-free if necessary)
½ cup (65 g) corn flour (see Flour Power ; certified gluten-free if necessary)
¼ cup (30 g) brown rice flour
8 tablespoons (105 g) cold vegan butter (soy-free if necessary)
½ cup (50 g) rolled oats (certified gluten-free if necessary)
½ cup (75 g) coconut sugar (or brown sugar)
½ teaspoon salt
½ teaspoon ground cinnamon
Scrapings from inside 1 vanilla bean, optional

vanilla whipped cream

One 14.5-ounce (410 g) can unsweetened coconut cream (or full-fat coconut milk)
1 tablespoon powdered sugar (or xylitol)
½ teaspoon vanilla extract

1. The day before you plan to serve, refrigerate the can of coconut cream.
2. Preheat the oven to 400°F (200°C). Lightly spray a 10-inch (25 cm) cake pan, pie pan, or cast-iron skillet with cooking spray.
3. **To make the filling** : Combine the strawberries, peaches, coconut sugar, lemon juice, arrowroot, and ginger in a large bowl and stir until combined. Pour into the prepared baking dish.
4. **To make the streusel** : Whisk together the oat flour, corn flour, and rice flour. Cut in the butter until no piece is larger than your pinkie fingernail and the mixture has the texture of wet sand. Stir in the oats, sugar, salt, cinnamon, and vanilla bean scrapings

(if using), just until evenly mixed. You want it to be clumpy but evenly distributed. Evenly spread the streusel over the fruit. Bake for 30 minutes, or until the topping is crispy and golden. Remove from the oven and let rest for 5 to 10 minutes before serving.

5. While the crisp is cooling, **make the whipped cream** : Carefully spoon the solid coconut cream into a large bowl, leaving the coconut water in the can (which you can totally keep to use for something else). Add the powdered sugar and vanilla to the cream and, using a hand mixer (fitted with a whisk attachment, if possible), mix on high speed until it has the texture of whipped cream. Transfer the bowl to the refrigerator until ready to serve.
6. Serve each helping of crisp topped with a dollop of whipped cream. Both the crisp and the whipped cream will keep in airtight containers in the fridge for 2 to 3 days.

VARIATION

- Strawberries and peaches not in season? Try using different pairings of fruit, such as cranberries and persimmons, apples and pears, or blueberries and mango. Just try to replace with similar quantities as much as possible, although if you get a little more or a little less, it’s not going to hurt the final product.

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Uncle John thinks his comfort food is better than mine . . . and won't shut up about it.

HEARTY, SHOW-STOPPING, MADE-OVER CLASSICS TO APPEASE EVEN THE LOUDEST NAYSAYERS

Every family has that loudmouth who feels the dinner table is his podium to pooh-pooh any dietary choices that don't match his own. The "Oh, your food isn't as tasty as my food, blah, blah, blah . . . mmmmm, bacon!" sort of people. Here are some comfort food dishes that you can shove in their faces to get them to *just stop talking already* !

IN THIS CHAPTER

Hash Brown Casserole (aka Company Potatoes)

Roasted Carrot & Wild Mushroom Ragout

Sweet Potato Shepherd's Pie

Lasagna Soup

Cauliflower Parmigiana

Brownie Ice Cream Sandwiches

Hash Brown Casserole (aka Company Potatoes)

SERVES 6 TO 8

When I asked my husband's family what comfort food recipes were popular favorites in their clan, this hash brown casserole (or "Company Potatoes," as they named it, because "It's what you make when you have company!") was the first suggestion. The original needs about four tons of cheese and sour cream to make it shine, but not this one! Getting its rich creaminess from Cream of Mushroom Soup and yogurt, and a bold punch of flavor from sauerkraut and nutritional yeast, this one will definitely be a favorite with your guests. And who can resist a casserole topped with crispy cornflakes? (No one!)

PREP TIME: 25 minutes (not including time to make Cream of Mushroom Soup)
ACTIVE TIME: 5 minutes
INACTIVE TIME: 35 minutes

Olive oil spray

Cream of Mushroom Soup

¾ cup (170 g) plain coconut yogurt (or soy yogurt; preferably unsweetened)

½ cup (35 g) nutritional yeast

¾ cup (195 g) sauerkraut

½ cup (135 g) chopped yellow onion

One 20-ounce (565 g) package frozen hash browns, thawed

3½ cups (105 g) vegan cornflakes (certified gluten-free if necessary)

4 tablespoons (55 g) vegan butter (soy-free if necessary), melted

1. Preheat the oven to 350°F (180°C). Lightly spray a 9 × 13-inch (23 × 33 cm) baking dish with olive oil.
2. In a large bowl, stir together the soup, yogurt, and nutritional yeast. Stir in the sauerkraut, onion, and hash browns. Spread out the mixture in the prepared baking dish. Bake for 15 minutes.
3. While the casserole is baking, combine the cornflakes and melted butter in a medium bowl. After the casserole has baked for 15 minutes, spread the cornflakes over the top and return to the oven. Bake for 15 minutes more, or until the casserole is bubbly and the cornflakes are crispy and golden. Remove from the oven and let rest for 5 minutes before serving. Leftovers will keep in an airtight container in the fridge for up to 4 days.

Roasted Carrot & Wild Mushroom Ragout

SERVES 4

Some of the most comforting of foods, I've found, combine something roasted and something meaty with something creamy. Actually, that's less of a rule and more just my general adoration for this dish. Caramelized roasted carrots mixed with an abundance of savory, meaty wild mushrooms and served over creamy polenta is a combo of textures and flavors that will make your taste buds rejoice. Serve up a plate of this on a chilly fall evening and your family will slip into a cozy, happy food coma.

PREP TIME: 30 minutes (not including time to make polenta)
ACTIVE TIME: 40 minutes

8 large carrots, peeled and chopped into 1-inch (2.5 cm) pieces
Olive oil spray
1 teaspoon dried thyme
1 teaspoon dried parsley
Salt and black pepper to taste
3 cups (720 ml) water
2 ounces (60 g) dried mushrooms (porcini or a mixed variety)
2 tablespoons vegan butter (soy-free if necessary)
½ red onion, chopped
2 garlic cloves, minced
1 tablespoon chopped fresh rosemary
1 tablespoon chopped fresh thyme
8 ounces (225 g) button mushrooms (or cremini mushrooms), halved
8 ounces (225 g) wild mushrooms (shiitake, chanterelle, oyster, morel, lobster, etc.; see Tip), sliced
2 tablespoons oat flour (certified gluten-free if necessary)
½ cup (120 ml) vegan red wine
3 tablespoons lemon juice
Cooked polenta or other grain or pasta
Chopped fresh parsley, optional

1. Preheat the oven to 425°F (220ºC). Line a baking sheet with parchment paper or a silicone baking mat. Spread out the carrots on the sheet and lightly spray with olive oil. Sprinkle with the dried thyme, dried parsley, and salt and pepper. Toss to coat. Roast for 25 minutes, or until caramelized and tender. Set aside until ready to use.
2. Once the carrots are in the oven, bring the water to a boil in a medium pot, then remove from the heat. Add the dried mushrooms and set aside.
3. Melt the butter in a large shallow saucepan over medium heat. Add the onion and sauté until translucent. Add the garlic, rosemary, and fresh thyme and cook until fragrant, about 2 minutes. Add the button and wild mushrooms. Use a slotted spoon to scoop the rehydrated mushrooms from the water into the pan (do not discard the water). Cook for 8 to 10 minutes, stirring occasionally, until the mushrooms are tender but still hold their shape.
4. Add the oat flour and cook, stirring constantly, until the flour is fully incorporated. Add the wine and cook, stirring frequently, until the liquid has reduced. Add ½ cup (120 ml) of the reserved mushroom soaking water, bring to a boil, then reduce to a simmer. Cook for about 5 minutes, until most of the liquid has been absorbed.
5. Add the carrots, lemon juice, salt, and pepper and remove from the heat. Serve over creamy polenta, garnished with fresh parsley, if desired. Leftovers will keep in an airtight container in the fridge for 2 to 3 days.

TIP

- Since wild mushrooms can be on the pricey side, you can replace them with another 8 ounces (225 g) button or cremini mushrooms, if you'd prefer.

Sweet Potato Shepherd's Pie

GF NFD SFD PA

SERVES 6

If you take anything away from this book, let it be these three words: *Mashed. Sweet. Potatoes.* If you can manage to not eat them all straight out of the pot, the next best thing is spreading them over this hearty mixture of beans and veggies with a flavor boost of olives

and sun-dried tomatoes, covering them with Pepita Parmesan and fresh rosemary, and baking so it gets the teensiest bit of a crispy layer on top. Actually, you could probably spread these mashed sweet potatoes over old shoelaces and it would still taste like a gourmet meal (*please don't try that!*). They're *that good* .

PREP TIME: 15 minutes (not including time to make Pepita Parmesan)
ACTIVE TIME: 35 minutes
INACTIVE TIME: 15 minutes

Olive oil spray

topping

2 pounds (910 g) sweet potatoes or yams, peeled and chopped
2 tablespoons unsweetened nondairy milk (nut-free and/or soy-free if necessary)
2 tablespoons olive oil
1 tablespoon nutritional yeast, optional
½ teaspoon garlic powder
Salt and black pepper to taste
Pepita Parmesan
Chopped fresh rosemary

filling

1 teaspoon olive oil
1 red onion, diced
2 garlic cloves, minced
2 large carrots, peeled and chopped
3 celery stalks, chopped
3 cups (525 g) cooked great Northern beans (or two 15-ounce/425 g cans, rinsed and drained)
8 ounces (225 g) cremini mushrooms (or button mushrooms), sliced
1 tablespoon chopped fresh rosemary
1 tablespoon chopped fresh thyme
½ cup (120 ml) low-sodium vegetable broth
2 tablespoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
2 tablespoons no-salt-added tomato paste
¼ cup (25 g) chopped sun-dried tomatoes (rehydrated in water and drained, if necessary)
¼ cup (45 g) chopped pitted green olives
1 tablespoon lemon juice

Salt and black pepper to taste

1. Preheat the oven to 400°F (200°C). Lightly spray an 8-inch (20 cm) square or 10-inch (25 cm) round baking dish with olive oil. Alternatively, if you have a shallow Dutch oven or large cast-iron skillet, you can use that to cook the filling, then bake the casserole.
2. **To make the topping** : Place the sweet potatoes in a medium pot and cover with water. Bring to a boil and cook for 8 to 10 minutes, until easily pierced with a fork. Remove from the heat and drain. Add the milk, olive oil, nutritional yeast (if using), and garlic powder and mash until smooth. Alternatively, you can use a hand mixer or food processor. Once smooth, add salt and pepper.
3. While the sweet potatoes are boiling, **make the filling** : Heat the olive oil in a large, shallow saucepan that can go into the oven (or a Dutch oven or cast-iron skillet) over medium heat. Add the onion and garlic and sauté for 2 to 3 minutes, until the onion just becomes translucent. Add the carrots and celery and cook for another 3 minutes. Add the beans, mushrooms, rosemary, and thyme. Cook for about 5 minutes, stirring occasionally.
4. Combine the broth, liquid aminos, and tomato paste in a cup or small bowl and stir until combined. Add to the vegetables with the sun-dried tomatoes and olives and cook for about 5 minutes more. Remove from the heat and add the lemon juice, salt, and pepper.
5. Pour the filling into the prepared pan (or leave it in the Dutch oven). Spread the mashed sweet potato over the top. Sprinkle with the Pepita Parmesan and rosemary. Bake for about 15 minutes, until the top is crispy and golden. Serve immediately. Leftovers will keep in an airtight container in the fridge for up to 4 days.

Lasagna Soup

SERVES 6

Whenever I have company, I always have the intention of cooking up an impressive lasagna because it's basic knowledge that everyone loves a good lasagna. But soon my lack of time and/or laziness take over and I usually settle on something that requires less time, less effort, or both. This soup, which throws everything people love about lasagna into a pot, is perfect for those of us who have good intentions but lack the time or motivational drive to make an incredible pan of lasagna. Imagine wowing your family with a lasagna soup they love and still having time to accidently binge-watch every season of *The Wire* before dinner! You really can have it all!

PREP TIME: 20 minutes (not including time to make Herbed Macadamia Ricotta)
ACTIVE TIME: 35 minutes

1 teaspoon olive oil
1 yellow onion, diced
3 garlic cloves, minced
1½ cups (255 g) cooked chickpeas (or one 15-ounce/425 g can, rinsed and drained)
8 ounces (225 g) cremini mushrooms (or button mushrooms), sliced
1 medium zucchini, sliced
1 medium yellow squash, sliced
1 tablespoon dried basil
2 teaspoons dried oregano
1 teaspoon dried parsley
Pinch of cayenne pepper
One 15-ounce (425 g) can no-salt-added tomato sauce
One 15-ounce (425 g) can no-salt-added crushed tomatoes
1 quart (1 L) low-sodium vegetable broth
12 ounces (340 g) lasagna noodles (gluten-free if necessary), broken in half
3 tablespoons nutritional yeast, optional
1 tablespoon lemon juice
Salt and black pepper to taste
3 cups (90 g) loosely packed chopped fresh spinach
1 cup (30 g) loosely packed chopped fresh basil

Herbed Macadamia Ricotta

1. Bring a large pot of water to a boil.
2. Heat the olive oil in another large pot over medium heat. Add the onion and garlic and sauté until the onion is translucent. Add the chickpeas, mushrooms, zucchini, yellow squash, dried basil, oregano, parsley, and cayenne pepper and cook for about 5 minutes, stirring occasionally, until the vegetables are just becoming tender. Add the tomato sauce, tomatoes, and broth. Bring to a boil, then reduce to a simmer and cook for about 10 minutes.
3. While the soup is simmering, cook the lasagna noodles according to the package instructions until al dente. Drain the noodles and add to the soup. Stir in the nutritional yeast (if using), lemon juice, salt, and pepper. Add the spinach and fresh basil and remove from the heat. Serve immediately, topped with a dollop of ricotta. Leftovers will keep in an airtight container in the fridge for 3 to 4 days.

TIP

- If you let the soup simmer for too long after adding the noodles, the noodles will absorb more of the liquid and may break apart into smaller pieces. If you have leftovers, you may have to add more liquid when reheating.

Cauliflower Parmigiana

GFO SFO PA

SERVES 4

Chicken parm is always on the list of people's favorite classic, homestyle dishes (or so I've heard). What if I told you, though, that you could replace the chicken with a thick cauliflower steak and use a cheesy, vegan bread-crumb coating and still knock people's socks off? Well, my friends, it's true. This dish is the real deal. By taking cross-sectional slices of cauliflower, coating them in a generous layer of bread crumbs, and roasting them until tender with a crispy, golden exterior, you get a replacement that is, dare I say, better than the original. And it's covered in marinara sauce and creamy cashew cheese, so nobody is going to miss the chicken.

PREP TIME: 30 minutes (not including time to make Sun-Dried Tomato Marinara Sauce and Basic Cashew Cheese Sauce)

ACTIVE TIME: 20 minutes
INACTIVE TIME: 40 minutes

2 large heads cauliflower (3 to 4 pounds/1.3 to 1.8 kg total), leaves trimmed

coating

½ cup (120 ml) unsweetened nondairy milk (soy-free if necessary)

3 tablespoons plain coconut yogurt (or soy yogurt; preferably unsweetened)

1 teaspoon onion powder

1 teaspoon garlic powder

½ teaspoon smoked paprika

1 cup (80 g) vegan panko bread crumbs (gluten-free if necessary)

½ cup (60 g) oat flour (certified gluten-free if necessary)

¼ cup (20 g) nutritional yeast

1 teaspoon dried basil

1 teaspoon dried oregano

Salt and black pepper to taste

Olive oil spray

3 cups (720 ml) Sun-Dried Tomato Marinara Sauce (or store-bought vegan marinara sauce of your choice), warmed

Basic Cashew Cheese Sauce

½ cup (15 g) chopped fresh basil

1. Preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. On a cutting board, hold one cauliflower upright and cut two 1½-inch-thick (4 cm) slices from the center of the head (without removing the core/base of the cauliflower). Repeat with the second head, so that you have four large slices. You can save the remaining cauliflower to use in other recipes, such as the Cream of Mushroom Soup .

3. In a wide, shallow bowl, combine the milk, yogurt, onion powder, garlic powder, and paprika. In a second wide, shallow bowl, combine the bread crumbs, oat flour, nutritional yeast, dried basil, oregano, salt, and pepper.
4. One at a time, place a cauliflower steak in the milk mixture, flipping it to fully coat (use a spoon to drizzle the liquid over the steak to coat it fully, if necessary). Transfer the steak to the bread crumbs, gently flipping until coated. Pat the bread crumbs onto the steak as needed. Place the steak on the prepared baking sheet. Once you've prepared each steak, you can coat the remaining cauliflower slices, if serving.
5. Spray the tops of the steaks liberally with olive oil. Bake for 20 minutes. Remove from the oven, gently flip each steak, and spray with olive oil again. Return to the oven and bake for 20 minutes more, or until golden and crispy.
6. To serve, scoop some marinara sauce onto each plate. Place a steak on top (along with a couple of other smaller pieces, if serving them). Drizzle with cheese sauce and sprinkle with fresh basil.

VARIATION

- Try stuffing the cauliflower steaks into rolls along with the marinara sauce and cheese sauce, to make sandwiches!

Brownie Ice Cream Sandwiches

MAKES 8 SANDWICHES

Nobody can turn down an ice cream sandwich, especially when the ice cream is stuffed between two wedges of fudgy brownies. Do I need to say any more? If you make these, no one will ever even guess that they're vegan. Also, be prepared to be everyone's new favorite child/grandchild/cousin/spouse/parent/sibling/whatever.

PREP TIME: **15 minutes** (not including time to make Vanilla Ice Cream)
ACTIVE TIME: **25 minutes**
INACTIVE TIME: **2½ hours**

1 cup (130 g) unbleached all-purpose flour (or gluten-free flour blend, soy-free if necessary)

3 tablespoons Dutch-process cocoa powder

1 teaspoon baking powder

½ teaspoon baking soda

½ teaspoon xanthan gum (exclude if using all-purpose flour or if your gluten-free blend includes it)

½ teaspoon salt

1 cup (180 g) vegan dark chocolate chunks (or chips)

4 tablespoons (55 g) vegan butter (soy-free if necessary)

½ cup (75 g) coconut sugar (or brown sugar)

½ cup (120 g) unsweetened applesauce

2 tablespoons aquafaba

1 teaspoon vanilla extract

Vanilla Ice Cream ; or 1½ pints/710 ml store-bought vegan vanilla ice cream)

1. Preheat the oven to 350°F (180ºC). Line two 8 × 8-inch (20 × 20 cm) baking dishes with parchment paper. If you have them, use small binder clips to clip the parchment paper to the edges of the dishes. This will keep the paper from sliding when you spread the batter. Set the baking dishes aside.
2. In a medium bowl, whisk together the flour, cocoa, baking powder, baking soda, xanthan gum (if using), and salt.
3. Melt the chocolate with the butter in a double boiler or a heatproof bowl on top of a pot of boiling water, stirring occasionally, until smooth. Remove from the heat. Add the

sugar, applesauce, aquafaba, and vanilla. Gradually stir the dry ingredients into the wet ingredients.

4. Divide the batter between the two baking dishes and spread until smooth and even. The batter may be difficult to spread, so if you need to, you can place a sheet of plastic wrap over the batter and use your hand to push or spread it. Bake for 25 to 30 minutes, until set and the edges are pulling away from the pan slightly. Remove from the oven and let cool for 1 to 2 hours.

5. Remove the ice cream from the freezer to soften for about 15 minutes before you plan to use it. Spread ice cream on top of the brownie layer in one pan. Create an even layer that's ½ to 1 inch (1 to 2.5 cm) thick. (To spread it more easily, place a sheet of plastic wrap over the ice cream and use your fingers to pat it down.)

6. Use the parchment paper to carefully lift the other brownie layer from the second dish and place it on top of the ice cream. Gently press down to compress the sandwiches. Cover the pan and freeze for 30 to 60 minutes, until the ice cream is solid again.

7. Remove the pan from the freezer. Use the parchment paper to lift the big sandwich from the pan and place it on a flat surface, such as a cutting board. Use a knife, cookie cutter, or biscuit cutter to cut out your desired sandwich shapes. If using a cookie or biscuit cutter, you will have to gently push from the bottom, underneath the parchment paper, to get the sandwiches to pop up. Place the sandwiches in an airtight container. Freeze until ready to serve, or for up to 1 month.

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There's no way vegan food can make *everyone* happy at once.

ADAPTABLE MEALS THAT EVEN THE PICKIEST EATERS CAN ENJOY WITH THE REST OF YOU

You'll notice that the recipes in this chapter all contain flavor combinations that are irresistible to pretty much the whole human race. That's how you win over even the pickiest of picky eaters. Even if Cousin Todd won't touch a salad with a ten-foot pole, he can't stay away from anything BLT-flavored. That aunt who claims to be allergic to green plants will surely not turn down buttery, crispy roasted potatoes. Your child who once got you kicked out of a restaurant because of The Great Marinara Sauce Debacle will be in love with your Alfredo baked ziti. Stick to undeniable favorites, and everyone will be happy.

IN THIS CHAPTER

Artichoke-Kale Hummus

BLT Summer Rolls with Avocado

Perfect Roasted Potatoes

Cauliflower Alfredo Baked Ziti

Creamy Roasted Garlic–Tomato Soup with Grilled Cheese Croutons

Chocolate–Peanut Butter Truffles

Artichoke-Kale Hummus

SERVES 8 TO 12

So you have your family over for Sunday dinner and although everyone is supposed to be joyously chatting in the living room over that dip you made, the room is awkwardly silent. They haven't even touched the dip. Nobody wants to say it, but that dip is a little suspicious because a) it has vegetables in it and b) they've never tried a dip *made by a vegan* before. Calm them down by saying "It's just like hummus, which is that dip Aunt Betty bought at the store that one time and everyone liked, and spinach-artichoke dip, which is that dip that my brother brings to every get-together. Except, get this: There's no spinach in it!" You don't have to mention that the spinach is replaced by kale, because people have already begun to dig in and talk among themselves again. Crisis averted.

PREP TIME: 5 minutes
ACTIVE TIME: 15 minutes

3 cups (510 g) cooked chickpeas (or two 15-ounce/425 g cans, rinsed and drained)

¼ cup (60 ml) lemon juice

3 tablespoons tahini (gluten-free if necessary)

3 garlic cloves

1 teaspoon ground cumin

1 teaspoon onion powder

¼ teaspoon cayenne pepper

Salt and black pepper to taste

3 cups (120 g) packed chopped kale

One 14- to 15-ounce (400 to 425 g) can artichoke hearts, rinsed, drained, and quartered if whole

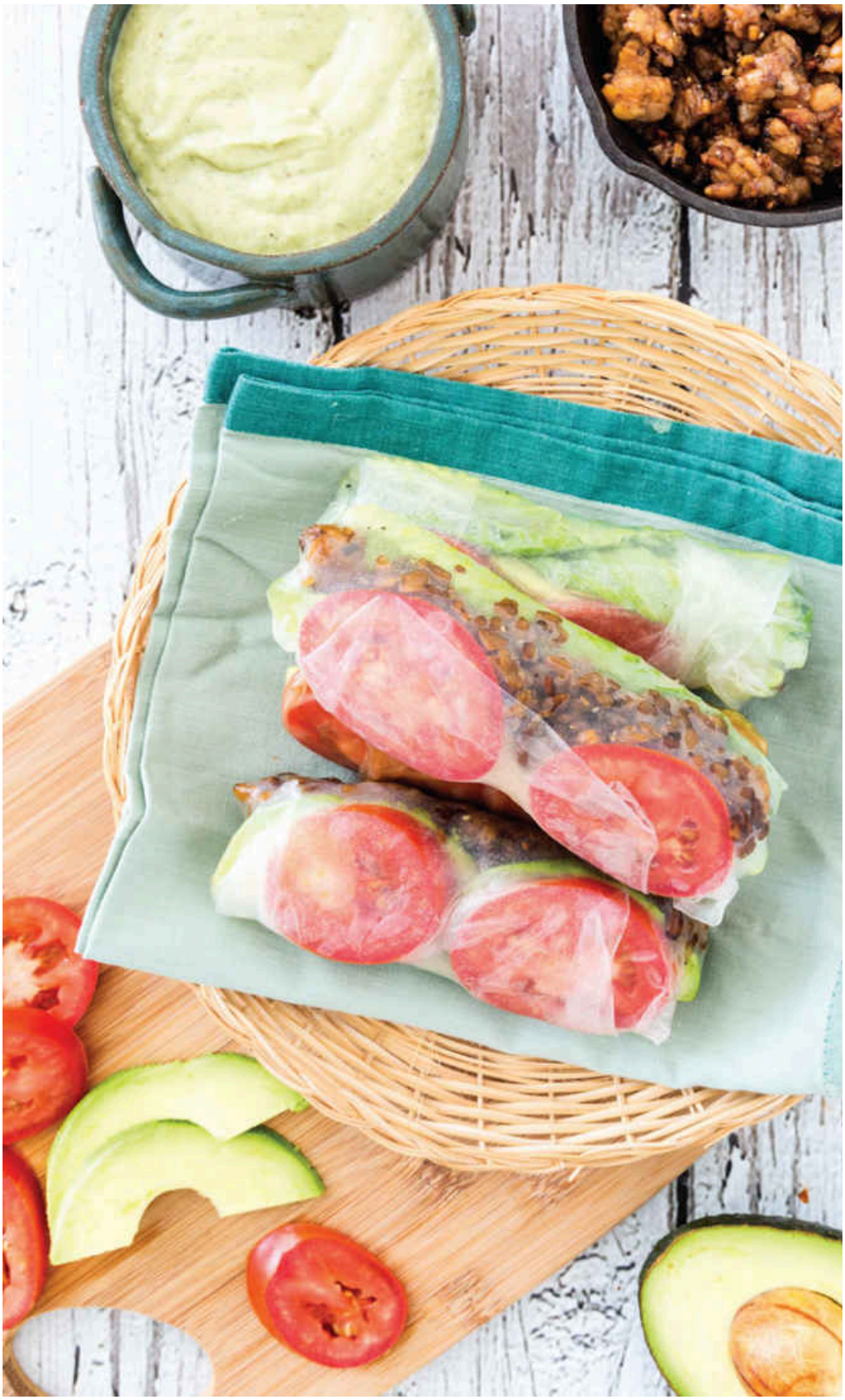
Bread or crackers (gluten-free if necessary)

1. Combine the chickpeas, lemon juice, tahini, garlic, cumin, onion powder, and cayenne in a food processor and process until smooth. Taste and add salt and pepper as needed. If the dip is too thick, add water by the tablespoon until it reaches your desired thickness.
2. Add the kale and artichoke hearts and pulse until fully incorporated but still chunky. Serve immediately with bread or crackers or refrigerate until ready to use. Leftovers will keep in an airtight container in the fridge for 1 to 2 days.

VARIATIONS

- For those who hate hummus (*Who hates hummus?*), switch out the chickpeas with white beans and replace the tahini with olive oil.

- For kale haters, switch out the kale for spinach, chard, or collard greens. For those who hate greens altogether, they can be left out completely.



BLT Summer Rolls with Avocado

MAKES 8 ROLLS

I once did an online search of the most popular sandwiches, and you know what was right up there near the top of the list? The BLT. Given our society's obsession with all things bacon, it's not surprising. When you replace animal-based bacon with a plant-based version like Quick Bacon Crumbles , a vegan BLT becomes easily accessible. Stuff that famous flavor combo into dippable, handheld bundles of fun (aka summer rolls), and you've got a light lunch or delightful snack that everyone in your family will be crazy about.

PREP TIME: 15 minutes (not including time to make Quick Bacon Crumbles and Avocado Ranch Dressing or Lemon Dill Aïoli)
ACTIVE TIME: 25 minutes

Quick Bacon Crumbles (or 10 ounces/285 g vegan bacon of your choice)

1 small head romaine lettuce, separated into leaves, each leaf chopped in half widthwise

2 to 3 Roma tomatoes, seeded and thinly sliced lengthwise

1 avocado, pitted, peeled, and sliced, optional

Eight 8-inch (20 cm) sheets rice paper (see Tip)

Avocado Ranch Dressing or Lemon Dill Aïoli

1. Fill a large bowl with warm water. Make sure you have a clean surface to prepare the rolls on.
2. Dip a sheet of rice paper into the water, making sure to get it completely wet but removing it quickly before it gets too soft. Lay the paper on the clean surface, then lay a few pieces of lettuce on the center of the paper, going from side to side and leaving about an inch (2.5 cm) of space around the perimeter. Add a few slices of tomato, a few slices of avocado (if using), and a few spoonfuls of the bacon crumbles (or 2 or 3 slices if you're using a sliced variety).
3. Fold the left and right sides of the paper over the filling. Take the edge of the paper closest to you and fold it completely over the filling while using your fingers to tuck the filling in. Continue rolling until the roll is sealed. Repeat with the remaining ingredients. Serve immediately with the Avocado Ranch Dressing or Lemon Dill Aïoli. These rolls are best enjoyed right after they're made but will keep in an airtight container in the fridge for 5 or 6 hours.

VARIATIONS

- For those who aren't fond of avocado, you can leave it out, and switch out the Avocado Ranch Dressing with a regular vegan ranch dressing, or use the Lemon Dill Aïoli.
- If your family isn't into summer rolls, just pile all the ingredients between two slices of bread for a sandwich. You won't get any complaints.

TIP

- Rice paper sheets that are 6 inches (15 cm) in diameter will be too small.

Perfect Roasted Potatoes

SERVES 4 TO 6

I've only ever met one person who didn't like potatoes, and I make a point of asking every person I come in contact with for their opinion on this tuber. "So how much do you love potatoes?" I ask. "Please keep your voice down while visiting the library," they respond. And that's why I stay away from libraries. But seriously, pretty much everyone loves potatoes (even those who "watch their carb intake" . . . don't even get me started on that subject). So chances are the majority of your family will go nuts over these crispy-on-the-outside, buttery-soft-on-the-inside morsels of heaven. Parboiling them before tossing in melted vegan butter, garlic powder, and herbs is the key to making perfect roasted potatoes that everyone will beg you to make for pretty much the rest of your life.

PREP TIME: 10 minutes
ACTIVE TIME: 10 minutes
INACTIVE TIME: 40 minutes

Olive oil spray or vegan cooking spray (soy-free if necessary)

2 pounds (910 g) Yukon gold potatoes, peeled and chopped into 1-inch (2.5 cm) cubes

4 tablespoons (55 g) vegan butter (soy-free if necessary), melted (or ¼ cup/60 ml olive oil)

2 teaspoons garlic powder

2 teaspoons dried thyme or rosemary

Salt and black pepper to taste

1. Preheat the oven to 400°F (200°C). Lightly spray two baking sheets with olive oil.
2. Place the potatoes in a medium pot and cover them with water. Bring to a boil and cook for 5 to 6 minutes, until tender. Drain.
3. Spread out the potatoes on the baking sheets. Use a spatula to gently smash each one just a little bit. Pour the butter over the potatoes. Sprinkle the garlic powder, thyme, salt, and pepper on top. Toss to coat, then spread them out again, making sure that the pieces aren't touching. Bake for 40 minutes, flipping them halfway through. Serve immediately. Leftovers will keep in an airtight container in the fridge for 2 to 3 days.

VARIATION

- Feel free to try other seasonings if garlic powder, thyme, or rosemary don't float your boat.

Cauliflower Alfredo Baked Ziti

SERVES 6 TO 8

My stepkids, Maxwell and Sophia, used to be the pickiest eaters on the planet. They're twins and what made things even crazier is that many of their taste preferences were on opposite ends of the spectrum (and they still are, to an extent). One liked chocolate and the other hated it. One liked bananas and the other hated them. One would only eat broccoli and the other would only eat cauliflower. One dish that they both always ate (and loved) was pasta in Alfredo sauce. I think we made a version of "creamy" pasta for them every week for several years. Once I became keen on using cauliflower to make my sauces super rich and creamy (and vegetable-packed, despite my cauliflower-hater), there was no turning back. Now I bake the pasta, topped with Pepita Parmesan , and it's a dish the whole family loves.

PREP TIME: 10 minutes (not including time to make Pepita Parmesan)
ACTIVE TIME: 30 minutes
INACTIVE TIME: 50 minutes

Olive oil spray or vegan cooking spray (soy-free if necessary)

1 large (1½- to 2-pound/680 to 900 g) head cauliflower, broken into florets

3 cups (720 ml) low-sodium vegetable broth

1 pound (455 g) ziti or penne pasta (gluten-free if necessary)

1 cup (150 g) raw cashews, soaked in warm water for at least 30 minutes and drained, water discarded

2 cups (480 ml) unsweetened nondairy milk (soy-free if necessary)

¼ cup (20 g) nutritional yeast

¼ cup (60 ml) vegan white wine

3 tablespoons olive oil

3 tablespoons lemon juice

2 teaspoons white soy miso (or chickpea miso)

2 teaspoons onion powder

2 teaspoons garlic powder

¼ teaspoon ground nutmeg

Salt and black pepper to taste

Pepita Parmesan

1. Preheat the oven to 350°F (180°C). Lightly spray a 9 × 13-inch (23 × 33 cm) baking dish with olive oil. Bring a large pot of water to a boil.
2. Combine the cauliflower and broth in a medium pot, cover, and bring to a boil. Reduce to a simmer, cover again, and simmer for 10 minutes, or until the cauliflower is soft. Remove from the heat.
3. Cook the pasta according to the package instructions until al dente. Drain. Set aside in a large bowl.
4. While the pasta is cooking, use a slotted spoon to scoop the cauliflower into a blender. (You can save the broth for another use.) Add the cashews, milk, nutritional yeast, wine, oil, lemon juice, miso, onion powder, garlic powder, nutmeg, salt, and pepper. Blend until smooth.
5. Add the sauce to the pasta. Stir until combined, then pour into the prepared baking dish. Sprinkle the Pepita Parmesan over the top and bake for 20 minutes. Serve immediately. Leftovers will keep in an airtight container in the fridge for up to 4 days.

VARIATION

- To add some flavor or texture, try adding sautéed mushrooms, caramelized onions, steamed broccoli, or cooked greens.

Creamy Roasted Garlic–Tomato Soup with Grilled Cheese Croutons

SERVES 4

I've never been a picky eater —I love eating too much to be picky. But I lived with a picky eater while I was in college, and full disclosure: For months on end we ate tomato soup (from a can) with grilled cheese sandwiches (made with buttered white bread and a single slice of processed American cheese) every day for dinner. Not just because it was cheap, but because it was *soooooo goooood* . It was a highly processed chemical extravaganza, but it was beloved by both of us, the Picky Eater and the Eater. That flavor combination is still a winner here, with a from-scratch tomato soup made with roasted garlic and Roma tomatoes and a crusty, buttery, grilled cheese sandwich, oozing with homemade, melty, vegan cheese. Picky or not—you can't deny your love for this classic meal.

PREP TIME: **20 minutes** (not including time to make Basic Cashew Cheese Sauce)
ACTIVE TIME: **45 minutes**
INACTIVE TIME: **40 minutes**

soup

3 to 4 pounds (1.4 to 1.8 kg) Roma tomatoes, halved lengthwise
1 teaspoon olive oil, plus more for roasting
Salt and black pepper to taste
1 small garlic head (see Variation)
1 sweet onion, diced
One 6-ounce (170 g) can no-salt-added tomato paste
2 tablespoons coconut sugar (or brown sugar)
2 tablespoons white wine vinegar
2 teaspoons dried basil
1 teaspoon dried oregano
3 cups (720 ml) low-sodium vegetable broth
½ cup (120 ml) unsweetened nondairy milk (soy-free if necessary)
1 tablespoon nutritional yeast, optional
2 to 3 tablespoons chopped fresh basil, optional

croutons

4 vegan sandwich bread slices (gluten-free if necessary)

Basic Cashew Cheese Sauce , Melty Variation

Vegan butter (soy-free if necessary)

1. Preheat the oven to 400°F (200°C). Line one or two baking sheets with parchment paper or silicone baking mats. Spread out the tomato halves on the baking sheet(s), cut side up. Drizzle with olive oil and sprinkle with salt and pepper.
2. Trim the top off the head of garlic so that all the cloves are exposed. Place the head on a sheet of aluminum foil, drizzle with olive oil, and sprinkle with salt and pepper. Wrap the foil around the head so that it's completely enclosed. Roast the garlic and the tomatoes for about 40 minutes, until the garlic is soft and the tomatoes slightly charred. Remove from the oven. Unwrap the garlic so it can cool. Set the tomatoes aside.
3. While the garlic is cooling, heat 1 teaspoon olive oil in a large pot over medium heat. Add the onion and sauté until translucent. Transfer to a blender.
4. Once the garlic is cool to the touch, squeeze each clove over a small plate or bowl so that the garlic pops out. Transfer all the garlic to the blender along with the onions, roasted tomatoes, tomato paste, sugar, vinegar, dried basil, and oregano. Blend until smooth.
5. Combine the tomato mixture and broth in the large pot and bring to a boil. Reduce to a simmer and cook for about 15 minutes, stirring occasionally, until heated through and slightly thickened. Stir in the milk and nutritional yeast (if using) and cook for another 5 minutes. Reduce the heat to low and cover to keep the soup warm.
6. While the soup is simmering, **make the croutons** : Lay out 2 slices of bread, spread them with cheese, and top each with another slice of bread. Spread butter on the outsides of each sandwich. Heat a frying pan, preferably cast iron, over medium heat. Place both sandwiches in the pan and cook for 2 to 3 minutes per side, until each side is crispy and golden. Remove from the heat and cut each sandwich into six squares.
7. Spoon the soup into bowls and top each serving with a sprinkle of fresh basil (if using) and 3 or 4 grilled cheese croutons (or serve them on the side and add them as you eat). Serve immediately. Leftover soup will keep in an airtight container in the fridge for 3 to 4 days.

VARIATION

- If your family doesn't care for garlic, you can totally leave it out altogether.

Chocolate–Peanut Butter Truffles

MAKES 10 TO 12 TRUFFLES

"I hate chocolate and peanut butter!" said no one ever. * So naturally everyone will love these little treats consisting of sweet, creamy peanut butter cloaked in chocolate. Duh.

PREP TIME: 5 minutes
ACTIVE TIME: 20 minutes
INACTIVE TIME: 55 minutes

½ cup (130 g) unsalted, unsweetened natural peanut butter
¼ cup (30 g) oat flour (certified gluten-free if necessary)
2½ tablespoons powdered sugar (or xylitol)
Pinch of salt (exclude if using salted peanut butter)
1 cup (180 g) vegan chocolate chips (or chopped vegan chocolate)
1 teaspoon coconut oil
Chopped peanuts, optional
Flaked sea salt, optional

1. In a medium bowl, use a fork to stir together the peanut butter, oat flour, sugar, and salt (if using). Place the bowl in the freezer and leave it for 20 minutes, until firm.
2. Line a baking sheet with parchment paper or a silicone baking mat. Remove the peanut butter mixture from the freezer. Scoop up 1 tablespoon and use your hands to roll it into a ball. Place the ball on the prepared baking sheet. Repeat with the remaining peanut butter mixture. Place the sheet in the freezer to chill while you melt the chocolate, or for at least 15 minutes. If you don't plan on coating them with chocolate until later, just put the sheet in the refrigerator for at least 30 minutes.
3. Melt the chocolate with the coconut oil in a double boiler or heatproof bowl on top of a pot of boiling water, stirring frequently, until completely smooth. Remove from the heat.
4. Remove the peanut butter balls from the freezer. Use a fork to scoop up a ball and dunk it in the melted chocolate. Roll it around to cover it completely, then use the spoon to lift it out and drain off the excess chocolate. Place the truffle back on the baking sheet. Repeat with the remaining balls. Sprinkle the tops with chopped peanuts and/or flaked sea salt (if using).

5. Return the baking sheet to the refrigerator and chill until completely set, 15 to 20 minutes, or until ready to serve. The truffles will keep in an airtight container in the fridge for 4 to 5 days.

TIP

- If your peanut butter is very runny, add an additional 1 tablespoon oat flour and 1½ teaspoons powdered sugar or xylitol to help thicken it.

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What can I serve at the big game day party that won't get pushed to the side?

DECADENT SNACKAGE THAT NOBODY WILL GUESS IS VEGAN

Let's be honest here. The only reason we look forward to watching these big games with our friends is because of the food. Just because there's an "important" game playing on the television, we get permission to nosh on the junk food of our dreams until the button pops off our pants. No one should be deprived of that experience just because they choose to eat plants instead of animals. Bring one of these dishes to the next party, or maybe even host it at your house and make the whole chapter's worth of food. The crowd is going to go wild.

IN THIS CHAPTER

Buffalo Cauliflower Wings with Blue Cheese Dip

Jalapeño Popper Bites

Cheesy Spiced Popcorn

Chickpea-Avocado Taquitos

Pizzadillas

Cilantro Chile Almond Dip

Buffalo Cauliflower Wings with Blue Cheese Dip

SERVES 4, WITH EXTRA DIP

The first rule of game day entertaining? If it has the word "buffalo" in the name, it's perfect for the occasion. Case in point: these battered cauliflower wings, baked until tender on the inside, then coated with a semi-homemade buffalo sauce and returned to the oven for the sauce to get thick and sticky. Oh, and then, when they're all ridiculously perfect, you get to dip them in a creamy, tangy blue cheese dip. Yeah, you're probably going to need to make a double batch so your guests can have some, too.

PREP TIME: 10 minutes
ACTIVE TIME: 20 minutes
INACTIVE TIME: 15 minutes

Olive oil spray

buffalo cauliflower

1 cup (240 ml) unsweetened nondairy milk (nut-free if necessary)
1 cup (110 g) chickpea flour
2 tablespoons cornmeal (certified gluten-free if necessary)
½ teaspoon garlic powder
½ teaspoon smoked paprika
1 large or 2 small heads cauliflower (2 pounds/900 g), broken into florets
1 cup (240 ml) hot sauce
2 tablespoons apple cider vinegar
1 tablespoon no-salt-added tomato paste
1 tablespoon maple syrup

blue cheese dip

½ cup (110 g) plain coconut yogurt (or soy yogurt; preferably unsweetened)
½ cup (110 g) vegan mayonnaise
2 tablespoons white wine vinegar
½ teaspoon vegan Worcestershire sauce (gluten-free if necessary)
½ teaspoon salt
½ teaspoon garlic powder

¼ teaspoon onion powder

¼ teaspoon dried marjoram

¼ teaspoon dried oregano

Half a 14-ounce (397 g) block extra firm tofu, drained and crumbled

Black pepper to taste

1. Preheat the oven to 450°F (230°C). Lightly spray a 9 × 13-inch (23 × 33 cm) baking dish with olive oil.
2. **To make the cauliflower** : Mix the milk, chickpea flour, cornmeal, garlic powder, and paprika in a large bowl. Dredge one cauliflower floret at a time in the mixture and place in the prepared baking dish. Bake for 20 minutes.
3. While the cauliflower is baking, mix together the hot sauce, apple cider vinegar, tomato paste, and maple syrup in a cup or small bowl.
4. Remove the cauliflower from the oven and use a spatula to loosen any florets sticking to the baking dish. Pour the hot sauce mixture over the cauliflower, toss to coat, and bake for 7 to 8 minutes more, until the hot sauce has thickened and caramelized.
5. While the cauliflower is baking the second time, **make the dip** : Mix the yogurt, mayonnaise, white wine vinegar, Worcestershire sauce, salt, garlic powder, onion powder, marjoram, and oregano in a medium bowl. Once combined, fold in the tofu. Taste and add pepper as needed.
6. Serve the cauliflower immediately with the dip. Leftovers will keep in airtight containers in the fridge for 2 to 3 days.

Jalapeño Popper Bites

GF NFO SFO PA

MAKES 16 TO 18 POPPERS

Jalapeño poppers are right at the top of the list of people's favorite game-watching snacks, and with good reason—they're spicy, cheesy, and fried. But they can also be a lot of work

(and not vegan). What if you could roll all of those flavors into bite-size, plant-based balls and fry them up? You'd be totally down, right? White beans, quinoa, and corn flour make up the bulk of the batter, but they get their flavor from fresh jalapeños, nutritional yeast, and vegan cream cheese. Just mash it all together, form balls, fry, and let your family happily pop them in their mouths.

PREP TIME: **15 minutes** (not including time to cook quinoa)
ACTIVE TIME: **25 minutes**

2 cups (320 g) cooked quinoa

1 cup (130 g) corn flour (certified gluten-free if necessary), plus more if needed

3 or 4 small jalapeños, seeded and chopped (see Tip)

2 tablespoons unsweetened nondairy milk (nut-free and/or soy-free if necessary; see Variations)

2 tablespoons lime juice

2 tablespoons vegan cream cheese or mayonnaise (soy-free if necessary)

3 tablespoons nutritional yeast

1 teaspoon ground cumin

½ teaspoon ground coriander

½ teaspoon smoked paprika

Salt and black pepper to taste

Sunflower or canola oil for frying

Salsa

1. Combine the quinoa, corn flour, jalapeños, milk, lime juice, cream cheese or mayonnaise, nutritional yeast, cumin, coriander, and paprika in a large bowl and mix until fully combined. It should be moist and hold together when squeezed, but not wet like batter. If it's too wet, add corn flour by the tablespoon until you have the right consistency. Add salt and pepper.
2. Line a baking sheet with parchment paper or a silicone baking mat. Scoop about 2 tablespoons of the mixture into your hand and shape it into a ball. Place on the prepared baking sheet. Repeat with the remaining mixture.
3. Heat a large frying pan, preferably cast iron, over medium heat. Pour in enough oil to coat the bottom and heat for 2 to 3 minutes. It is important to give the oil enough time to heat. (The bites will fall apart if the oil is not hot enough.) Check to make sure it's hot enough by adding a pinch of the dough to the pan. If it sputters and sizzles, the oil is ready. Line a plate with paper towels.
4. Carefully place 5 or 6 bites in the pan and cook for 3 to 4 minutes, until golden and firm, flipping them every 30 seconds or so to cook on all sides. Use a slotted spoon to transfer them to the plate, placing more paper towels on top to absorb the excess oil.

Repeat with the remaining bites, adding more oil to the pan as needed (allow the oil to heat each time you add more). Serve warm, with salsa for dipping. These are best eaten the same day but will keep in an airtight container in the fridge for 1 to 2 days.

VARIATIONS

- Make these poppers extra hot by replacing half or all of the milk with hot sauce.
- To bake the poppers instead of frying them, preheat the oven to 375ºF (190ºC), place the poppers on a baking sheet lined with parchment paper or a silicone baking mat, and bake for 30 minutes, flipping once halfway through.

TIP

- Use 3 jalapeños for moderate heat or 4 for high heat.

Cheesy Spiced Popcorn

SERVES 4 TO 6

Sure, popcorn is pretty much perfect by itself. If you choose to serve it au naturel, with just a bit of salt, you won't get any complaints. But if you want to get raves, then you better jazz it up. With a healthy dose of nutritional yeast to give it cheesy umami flavor, and chili and garlic powders to bring some big flavor with a tiny bit of heat, people won't be able to stop at a fistful. Be prepared to make multiple batches because this stuff is going to go fast!

PREP TIME: 5 minutes
ACTIVE TIME: 10 minutes

3 tablespoons nutritional yeast

2 teaspoons chili powder

½ teaspoon garlic powder

A few pinches of cayenne pepper

2 tablespoons sunflower oil (or canola oil)

½ cup (105 g) popcorn kernels

1 tablespoon vegan butter (soy-free if necessary, or coconut oil), melted

Salt to taste

1. In a small cup or bowl, mix together the nutritional yeast, chili powder, garlic powder, and cayenne pepper. Set aside.
2. Combine the oil and 3 popcorn kernels in a large pot and heat over medium-high heat. Once the kernels pop, add the remaining kernels, cover the pot, shake it a couple of times, and return to the heat. Once the popping begins, continue to shake it every 3 to 5 seconds until the popping stops. Remove from the heat and uncover.
3. Pour the melted butter over the popcorn, cover the pot again, and shake to coat. Uncover the pot and add the nutritional yeast mix, cover again, and shake to coat. Uncover the pot and add salt. Serve immediately.

Chickpea-Avocado Taquitos

GF NF SFO

MAKES 8 TAQUITOS

Taquitos are another crowd favorite that people always expect to be packed with meat. Why not surprise them with this addicting chickpea-avocado mash as the filling. This stuff is

seriously good—I eat it in tacos, sandwiches, and even just on its own. I never get tired of it. Once I tried it in these taquitos, I had a new favorite way to enjoy it. They're baked to keep them healthier, but you want to be sure to briefly heat each tortilla before wrapping them (this will prevent the tortilla from cracking or tearing). Don't skip the olive oil spray either—this is what helps them get nice and crispy!

PREP TIME: **5 minutes**
ACTIVE TIME: **25 minutes**
INACTIVE TIME: **20 minutes**

1½ cups (255 g) cooked chickpeas (or one 15-ounce/425 g can, rinsed and drained)

2 tablespoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)

1 avocado, pitted

2½ tablespoons lime juice

2 green onions, chopped (green and white parts)

1½ tablespoons plain vegan yogurt (or mayonnaise; soy-free if necessary), optional, to add creaminess

½ teaspoon ancho chile powder

½ teaspoon garlic powder

Salt and black pepper to taste

8 corn tortillas (see Tip)

Olive oil spray

Salsa or dip of your choice

1. Preheat the oven to 350°F (180°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. Heat a large frying pan, preferably cast iron, over medium heat. Add the chickpeas and liquid aminos and cook, stirring occasionally, until all the liquid has been absorbed. Remove from the heat and let cool for 2 to 3 minutes. Use a potato masher or pastry cutter to mash the chickpeas into small pieces.
3. Scoop the avocado flesh into a large bowl and mash until smooth but slightly chunky. Add the chickpeas, lime juice, green onions, yogurt (if using), ancho chile powder, garlic powder, salt, and pepper. Stir until combined.
4. Heat a frying pan over medium heat and heat the tortillas, one at a time, for 30 seconds on each side, until soft and pliable. Stack them on a plate and cover with aluminum foil while you cook the rest.
5. Lay out 1 tortilla and spread about 3 tablespoons of the avocado mixture down the center. Roll into a tube and place it seam side down on the prepared baking sheet. Repeat with the remaining tortillas and filling.

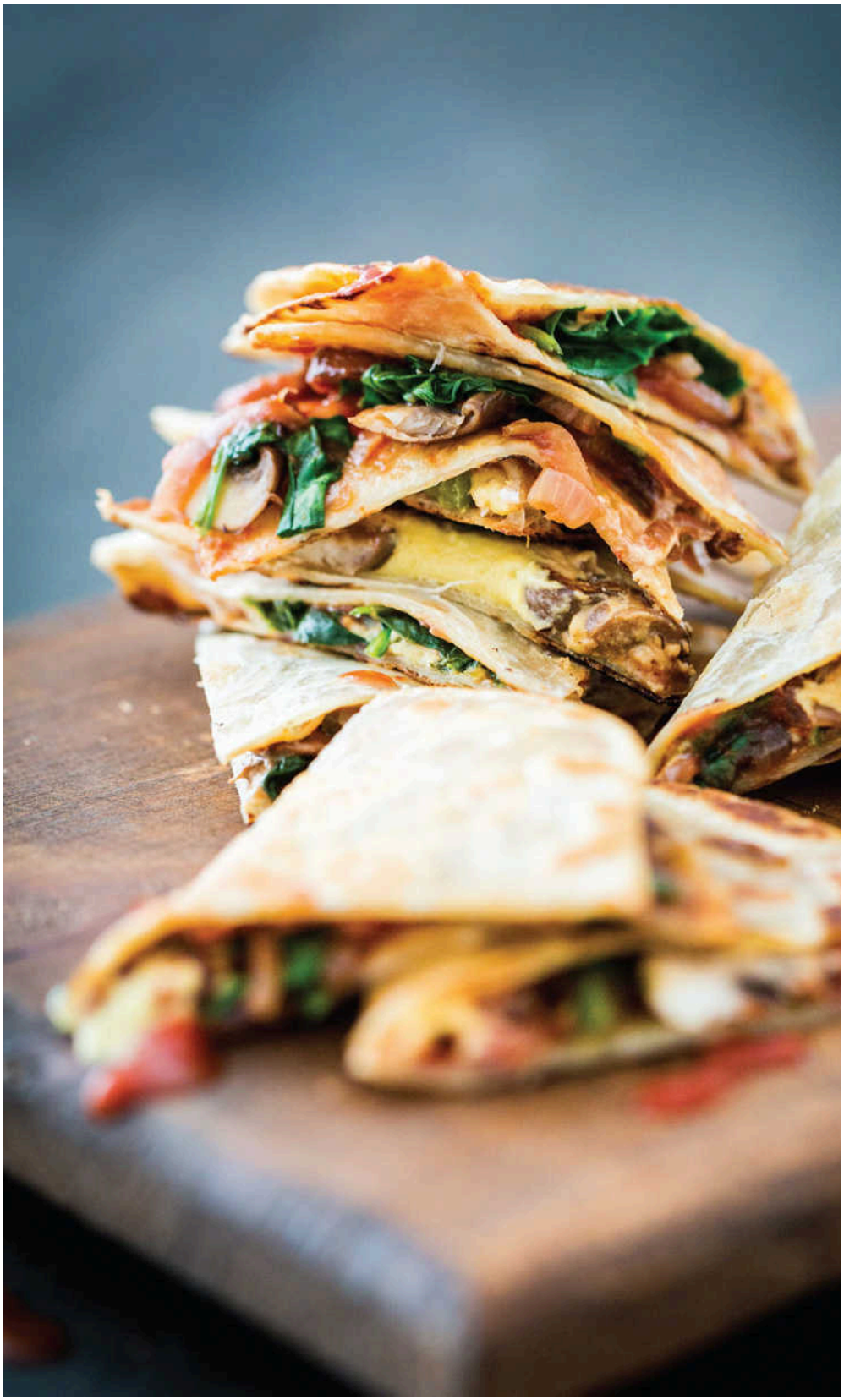
6. Spray the taquitos with olive oil and bake for 10 minutes. Flip the taquitos, spray them with olive oil again, and bake for another 10 minutes, or until crispy. Serve immediately with your choice of dip or salsa.

VARIATIONS

- You can make taquitos with a plethora of different fillings. Try Jackfruit Carnitas , 15-Minute Refried Beans with Pepperjack Cheese Sauce , Tempeh Sloppy Joes , or even Scrambled Tofu .

TIP

- Thin corn tortillas work best for these taquitos. Steer away from ones that say “handmade,” as those are generally thicker and more likely to crack when you roll them up.



Pizzadillas

SERVES 2 TO 4

Can't decide between pizza or quesadillas for the party? Well, by stuffing all of your favorite pizza ingredients inside a quesadilla, you get the best of both worlds. Even better—the omnivores in your family won't be disappointed if your regular vegan pizza or quesadilla doesn't have the cheese they're familiar with. Their minds (and their taste buds) will be so preoccupied with the bomb of flavor that just exploded in their mouth when they take their first bite that they won't even notice that it's vegan.

PREP TIME: **15 minutes** (not including time to make Pizza Sauce and Basic Cashew Cheese Sauce)
ACTIVE TIME: **20 minutes**

2 cups (140 g) sliced fresh cremini mushrooms (or button mushrooms)
1 cup (140 g) sliced green or red bell pepper
½ cup (60 g) sliced red onion
2 cups (60 g) loosely packed fresh spinach leaves
Salt and black pepper to taste
4 large flour tortillas (see Variation for making these gluten-free)
2 cups (480 ml) Pizza Sauce ; or store-bought vegan pizza or marinara sauce)
½ cup (90 g) sliced pitted black olives
Basic Cashew Cheese Sauce
Olive oil spray

1. Heat a large frying pan over medium heat. Add the mushrooms, bell pepper, and onion and cook until the mushrooms are tender, 3 to 4 minutes. Add the spinach and cook until just beginning to wilt. Remove from the heat and add salt and pepper. Transfer to a bowl. Clean out the frying pan.
2. Lay out a tortilla. Spread tomato sauce on half. Top with a quarter of the veggies and a sprinkle of black olives. Drizzle about 3 tablespoons cheese sauce on top and fold over the other side of the tortilla. Repeat with the remaining ingredients.
3. Heat the frying pan over medium heat. Spray the pan with olive oil and add 2 quesadillas. Spray the tops of the quesadillas with olive oil. After 2 to 3 minutes, when the bottom is golden, flip the quesadillas and cook for 2 to 3 minutes more, until both sides are crispy and golden. Place them on a plate and cover with aluminum foil.

Repeat with the remaining quesadillas. Slice and serve immediately, with a light drizzle of the cheese sauce over the top and the extra pizza sauce as a dip.

VARIATION

- To make these gluten-free, you'll need some large gluten-free tortillas. Since these tend to break when folded, the method will be a little different. Spread the pizza sauce, toppings, and cheese sauce over the entire tortilla, rather than just half. Top with another tortilla and cook as in step 3, repeating to make 2 total. Slice just as you would a normal pizza.

Cilantro Chile Almond Dip

GF SFO PA TG

MAKES 1¾ CUPS (420 ML)

Of course there's going to be the regular lineup of dips—salsa, guacamole, ranch, and French onion—but why not shake things up and bring one that will have everyone reaching for another bite? Luscious, creamy, and just the slightest bit spicy, this dip is perfect with every dipper, from fresh veggies to slices of pita to pretty much any type of chip. People may even enjoy dipping their Jalapeño Popper Bites in it. As a bonus, any leftovers make a great sandwich spread or could even be added to another meal, like the Buddha Bowl .

PREP TIME: 10 minutes
ACTIVE TIME: 10 minutes
INACTIVE TIME: 2 hours

1 cup (150 g) raw almonds, soaked in warm water for at least 1 hour and drained, water reserved

1 cup (240 ml) reserved soaking water

1 cup (50 g) roughly chopped fresh cilantro

¼ cup (60 g) canned diced green chiles

¼ cup (60 ml) lime juice

2 tablespoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)

2 tablespoons chopped yellow onion

4 teaspoons nutritional yeast

2 teaspoons chopped garlic

1 teaspoon ground cumin

A few pinches of cayenne pepper

Salt and black pepper to taste

Combine all of the ingredients in a high-speed blender or food processor and blend until smooth and creamy. Transfer to an airtight container and refrigerate for 1 hour prior to serving. The dip should thicken as it chills. It will keep in an airtight container in the fridge for 2 to 3 days.

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What will we do about birthdays/graduations/baby & bridal showers?

SPECIAL MEALS FOR FANCIER GET-TOGETHERS

You know those occasions where you have to put on "nice clothes," make conversation with that great-aunt you only see once every other year, and use your best table etiquette (napkin in your lap, no elbows on the table, and *no double-dipping*)? Those events can be downright hellish for vegans, as we're forced to nibble only on the raw veggies of the crudités platter. Well, no more, I say! Show up at the party with one of these dishes and let the fam know that vegans can do fancy just as well as the rest of them!

IN THIS CHAPTER

Avocado & Hearts of Palm Tea Sandwiches

Roasted Red Pepper Hummus Cucumber Cups

Chickpea Caesar Pasta Salad

Sun-Dried Tomato & White Bean Bruschetta

Chickpea Croquettes with Dill Yogurt Sauce

Champagne Cupcakes

Avocado & Hearts of Palm Tea Sandwiches

MAKES 16 SANDWICHES

Tea sandwiches always look so dang impressive, right? They're all pretty and uniform and arranged nicely on platters or, better yet, on one of those tiered-plate get-ups you see at really classy events. Well, let me tell you: These tea sandwiches will get the reaction you're looking for because not only do they look pretty rad, they're really delicious. Avocado and hearts of palm create a luscious spread, and the radish slices add a crispy, peppery bite. If you're serving a large crowd, you may want to double or triple the recipe since people are going to be piling up these little guys on their plates.

PREP TIME: 5 minutes
ACTIVE TIME: 15 minutes

2 avocados, pitted
2 teaspoons lemon juice
½ cup (80 g) finely chopped hearts of palm
Salt and black pepper to taste
8 vegan bread slices (gluten-free if necessary; see Tip)
2 tablespoons chopped fresh parsley
1 cup (140 g) very thinly sliced radishes

1. Scoop the avocado flesh into a medium bowl and mash until mostly smooth. Add the lemon juice, hearts of palm, salt, and pepper.
2. Spread the avocado mixture on 4 bread slices. Sprinkle with parsley and top with radish slices. Cover each with another piece of bread.
3. Use a bread knife to cut the crusts off each sandwich, then slice each sandwich into four triangles or squares. Serve immediately or refrigerate the sandwiches in an airtight container for up to 3 hours before serving.

TIP

- When using gluten-free bread, if you toast it lightly before using, it sometimes tastes better and doesn't dry out as much.

Roasted Red Pepper Hummus Cucumber Cups

MAKES 30 CUCUMBER CUPS

Who can resist a beautiful, handheld hors d'oeuvre? I know I can't! These are very easy to make, too. Simply scoop some of the cucumber flesh out of a cucumber chunk and fill the space with that roasted red bell pepper hummus you just made. Decorate the top with a couple of pieces of chive, place them on that fancy tray you never get to use, and watch those babies disappear!

PREP TIME: 8 minutes
ACTIVE TIME: 15 minutes

roasted red pepper hummus

1½ cups (255 g) cooked chickpeas (or one 15-ounce/425 g can, rinsed and drained)
½ cup (95 g) chopped roasted red peppers
2 garlic cloves
3 tablespoons tahini (gluten-free if necessary)
3 tablespoons lemon juice
½ teaspoon smoked paprika
Pinch of cayenne pepper
Salt and black pepper to taste

cucumber cups

4 English cucumbers
Smoked paprika for dusting
Chives, sliced into 1-inch (2.5 cm) pieces

1. **To make the hummus** : Combine the ingredients in a food processor and process until smooth, pausing to scrape the sides as necessary. You may need to add water along the way to help smooth it out, but you want a thick hummus. Transfer the hummus to a pastry bag or a large resealable plastic bag with the corner cut out. Chill until ready to use.
2. Trim the ends of the cucumbers. Peel strips of skin from the sides of the cucumbers so you have a striped pattern. Alternatively, you can peel them completely, or not peel them at all. Slice the cucumbers into 1-inch (2.5 cm) sections. Use a melon baller or a teaspoon to hollow out the insides of the cucumbers, leaving a thick section at one end so that the "cup" has a bottom. Place all of the cups on a plate or platter.

3. Fill each cup with hummus, piling a little on top. Dust the tops with paprika and place 1 or 2 chive pieces on top. Refrigerate until you're ready to serve, up to 1 hour. Leftover hummus will keep refrigerated in an airtight container for 4 to 5 days.

Chickpea Caesar Pasta Salad

SERVES 6 TO 8

Best-case scenario: Your cousin's bridal shower is going to be a "classy"-themed potluck buffet and you get to bring a vegan option. What do you make that's kinda classy and won't have your aunts whispering to each other "This vegan food is just so weird!"? The answer is this salad. The Caesar dressing tastes amazing, vegan or not—your aunts can't deny it. When you smother a bowl full of chickpeas, lettuce, cherry tomatoes, avocado, and pasta with it, and then sprinkle it with some Pepita Parmesan , you've got something that tastes incredible and can pass as classy enough.

PREP TIME: **10 minutes** (not including time to make Pepita Parmesan)
ACTIVE TIME: **30 minutes**
INACTIVE TIME: **2 hours**

caesar dressing

¼ cup (40 g) raw cashews, soaked in warm water for 1 hour and drained, water reserved
6 tablespoons (90 ml) reserved soaking water
¼ cup (35 g) hemp seeds
3 tablespoons lemon juice
2 tablespoons olive oil
1 tablespoon vegan mayonnaise (soy-free if necessary), optional
1 tablespoon nutritional yeast
2 teaspoons vegan Worcestershire sauce (gluten-free and/or soy-free if necessary)
2 teaspoons Dijon mustard (gluten-free if necessary)
2 teaspoons drained capers
1 garlic clove
Salt and black pepper to taste

salad

12 ounces (340 g) pasta shape of your choice (gluten-free if necessary)
3 cups (510 g) cooked chickpeas (or two 15-ounce/425 g cans, rinsed and drained)
¼ cup (60 ml) liquid aminos (use coconut aminos to be soy-free)
2 cups (310 g) halved cherry or grape tomatoes
1 large head romaine lettuce, chopped

2 avocados, pitted, peeled, and chopped

Pepita Parmesan

1. **To make the dressing** : Combine all of the ingredients in a food processor or blender and process until smooth. Set aside.
2. Bring a large pot of water to a boil and cook the pasta according to the package instructions until al dente. Drain, rinse the pasta with cold water, then drain again. Transfer the pasta to a large bowl.
3. Heat a large frying pan, preferably cast iron, over medium heat. Add the chickpeas and liquid aminos and cook, stirring occasionally, until all of the liquid has been absorbed, 4 to 5 minutes. Remove from the heat and add to the pasta.
4. Let the chickpeas cool for 5 to 10 minutes. Add the tomatoes, lettuce, and dressing and toss until combined. Gently fold in the avocado. Cover and refrigerate for 1 hour, or up to 3 hours, before serving. Serve topped with Pepita Parmesan (you can add it to the large bowl if people are serving themselves, or over individual servings if that's how you're serving it). This is best when eaten the day it's prepared but will keep in an airtight container in the fridge for about 1 day.

Sun-Dried Tomato & White Bean Bruschetta

GFO NFO SF

SERVES 10 TO 12

Nothing screams "I am dignified!" or "I have my act together!" more than a platter of perfectly aligned rows of mini toasts, topped with beautiful piles of a basil, sun-dried tomato, and white bean mixture, and garnished rustically with toasted pine nuts and green onions. Nothing! The only thing that would put the shindig over the top (and make your guests whisper to each other, "They should really have their own Elegant Entertaining lifestyle website and brand") is if you had, next to the platter, perfectly aligned rows (*perfectly aligned rows* of everything is absolutely key in this scenario) of filled flutes of Champagne and an ice sculpture of a unicorn that you made yourself.

PREP TIME: 10 minutes
ACTIVE TIME: 15 minutes

1 long vegan baguette (or other crusty bread; gluten-free if necessary)
1½ cups (265 g) cooked cannellini beans (or one 15-ounce/425 g can, rinsed and drained)
¾ cups (75 g) oil-packed sun-dried tomatoes, well drained and diced small
1 garlic clove, crushed
2 tablespoons fresh basil chiffonade
3 tablespoons white wine vinegar
Salt and black pepper to taste
½ cup (80 g) toasted pine nuts (or other toasted nut or seed), optional
½ cup (50 g) chopped green onions, optional

1. Preheat the oven to 350°F (180°C). Slice the bread into ½-inch (1 cm) slices and arrange them on a baking sheet. Bake for 7 to 10 minutes, until crispy and toasted. Set aside.
2. While the bread is toasting, mix together the beans, tomatoes, garlic, basil, vinegar, salt, and pepper.
3. Scoop some bean mixture onto each of the toasts and sprinkle the tops with pine nuts and green onions (if using). Serve immediately.

TIP

- You can prepare the bruschetta topping a few hours in advance and chill until ready to use.

- If you have leftover bean mixture, it makes a great filling for a wrap or sandwich.

Chickpea Croquettes with Dill Yogurt Sauce

GFO NF SFO

SERVES 6 TO 8

Since you all made the effort to brush the dust off your "nice" outfits and comb your hair, it would be fitting to serve something that matches the dress code. Croquettes—really just delicious little fried patties of goodness—seem much classier because they're called *croquettes* . This is because the word looks like "croquet," which is a game that people play while wearing the same type of clothes. It's a whole psychological mind game sort of thing that I don't have time to go into, so you're just going to have to take my word. These

croquettes are made of mashed sweet potatoes and chickpeas, and coated with bread crumbs before they're pan-fried and served with a bright, creamy, lemony dill sauce. They come together quickly, which is good because you'll need the extra time to make yourself presentable.

PREP TIME: **20 minutes**
ACTIVE TIME: **50 minutes**

dill yogurt sauce

1 cup (220 g) plain coconut yogurt (or soy yogurt; preferably unsweetened)
6 tablespoons vegan mayonnaise (soy-free if necessary)
¼ cup (60 ml) lemon juice
2 tablespoons freshly chopped dill (or 1 tablespoon dried dill)
2 teaspoons maple syrup (exclude if using sweetened yogurt)
1½ teaspoons garlic powder
1 teaspoon salt

croquettes

1 pound (455 g) sweet potatoes or yams, peeled and roughly chopped
One 15-ounce (425 g) can chickpeas, brine reserved, chickpeas rinsed and drained
1 tablespoon reserved chickpea brine
4 green onions, finely chopped (green and white parts)
⅔ cup (100 g) cornmeal (certified gluten-free if necessary)
1 garlic clove, crushed
1 teaspoon grated lemon zest
½ teaspoon paprika
Pinch of cayenne pepper
Salt and black pepper to taste
1 cup (95 g) vegan panko bread crumbs (gluten-free if necessary)
Olive oil for frying

1. **To make the sauce** : Stir together the sauce ingredients in a medium bowl. Cover and refrigerate until ready to use.
2. **To make the croquettes** : Place the sweet potatoes in a pot and cover with water. Bring to a boil and cook for about 7 minutes, until tender. Drain well.
3. Place the chickpeas and 1 tablespoon brine in a large bowl and mash until broken into small pieces. Add the sweet potatoes and mash until mostly smooth. Add the green

onions, cornmeal, garlic, lemon zest, paprika, cayenne pepper, salt, and pepper. Stir until combined.

4. Line a baking sheet with parchment paper or a silicone baking mat. Pour the bread crumbs into a shallow bowl. Scoop up an amount of the croquette mixture slightly larger than a golf ball, shape it into a patty, coat it in bread crumbs, and place it on the prepared baking sheet. Repeat with the remaining croquette mixture.

5. Line a plate with paper towels. Heat a large frying pan, preferably cast iron, over medium heat. Add enough olive oil to coat the bottom of the pan and let it heat until it shimmers. Add half of the croquettes and cook for 3 to 4 minutes on each side, until golden. Transfer to the plate to drain. Add more oil to the pan if needed (allow the oil to heat if you add more). Cook the remaining croquettes. Serve warm with the dill yogurt sauce. Leftovers will keep in airtight containers in the fridge for 2 to 3 days.

VARIATION

- You can bake these instead of frying them, if you prefer. While they're on the baking sheet, spray the tops with olive oil. Bake at 400°F (200°C) for 15 minutes, flip them, spray with olive oil, and bake for another 15 minutes.

TIP

- These are also good with the Easy Tahini Gravy and would make a good holiday main course.

Champagne Cupcakes

MAKES 12 CUPCAKES

Everything feels more festive and fancy with Champagne (or sparkling wine or cava or whatever you have with fizzy bubbles). I mean, you could be scrubbing the grout in your shower with a toothbrush, but if you have a flute of bubbly in your other hand, you'll feel like Audrey Hepburn in *Breakfast at Tiffany's* . Guaranteed. Same thing goes for cupcakes. By putting Champagne in the cupcakes (and in the frosting!), it automatically increases the glam factor exponentially, making them pretty much the only cupcake you'll want at your next soiree. Not to mention how Champagne makes the most moist and tender cake, and the frosting has just the perfect hint of Champagne flavor. The best thing about these cupcakes, though? Everyone will be so busy Hepburning it up, they won't even notice that they're vegan!

PREP TIME: 10 minutes
ACTIVE TIME: 45 minutes
INACTIVE TIME: 40 minutes

cupcakes

2 tablespoons nondairy milk (nut-free and/or soy-free if necessary)

1 tablespoon apple cider vinegar

1¾ cups (220 g) unbleached all-purpose flour (or gluten-free flour blend, soy-free if necessary)

2 tablespoons arrowroot powder

1 cup (150 g) coconut sugar

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

¼ teaspoon xanthan gum (exclude if using all-purpose flour or if your gluten-free blend includes it)

8 tablespoons (105 g) vegan butter (soy-free if necessary), at room temperature

⅔ cup (160 ml) vegan Champagne

(or sparkling wine)

1 teaspoon vanilla extract

frosting

8 tablespoons (105 g) vegan butter (soy-free if necessary)

3 cups (360 g) powdered sugar (or xylitol)

2 tablespoons vegan Champagne (or sparkling wine)

½ teaspoon cream of tartar

½ teaspoon vanilla extract

Additional vegan decorations, optional

1. **To make the cupcakes** : Preheat the oven to 350°F (180°C). Line a 12-cup muffin tin with paper or silicone liners.
2. In a cup or small bowl, stir together the milk and vinegar. Set aside.
3. In a large bowl, whisk together the flour, arrowroot powder, coconut sugar, baking powder, baking soda, salt, and xanthan gum (if using).
4. In a medium bowl, use a hand mixer to cream together the butter and Champagne. Add the milk mixture and vanilla and mix until combined. Slowly add the wet ingredients to the dry ingredients and use the hand mixer to mix until combined.
5. Divide the mixture among the muffin cups and bake for 20 minutes, or until a toothpick inserted into the center comes out clean. Let the cupcakes cool in the muffin tin for 10 minutes before transferring them to a cooling rack to cool completely.
6. While the cupcakes are cooling, **make the frosting** : Use a hand mixer to mix all the frosting ingredients. Refrigerate for at least 15 minutes, or until ready to use.
7. Once the cupcakes are cool, transfer the frosting to a pastry bag fitted with a decorating tip or a large resealable plastic bag with the corner cut out, and use it to pipe frosting onto each cupcake. Alternatively, just use a butter knife or silicone spatula to spread frosting on each cupcake. You can add decorations if you like. Serve immediately or refrigerate until ready to serve. These cupcakes are best the day they’re made but will keep in an airtight container in the fridge for 1 to 2 days.

VARIATION

- To make these alcohol-free, replace the Champagne with a vegan ginger ale or sparkling apple cider.

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What will I bring to potlucks and summer barbecues?

VEGAN RECIPES BIG ENOUGH TO FEED A CROWD

It's natural for a vegan to panic when they get invited to a pot-luck or a barbecue cookout. Best-case scenario: You bring a dish to share and everyone takes a serving, leaving very little for you, but since it's *the only vegan dish* at the party, it's all you get to eat. Worst-case scenario: You have to have an uncomfortable discussion with the person manning the grill about why you can't eat the store-bought veggie burgers they were nice enough to buy *just for you* because they were cooked on the same grill as the meat. Come prepared with a few of the dishes from this section, and show the family how great an all-vegan barbecue can really be!

IN THIS CHAPTER

Deviled Potato Salad

Herbed Tofu Burgers

Ranch-Seasoned Corn on the Cob

Creamy, Crunchy Coleslaw

Grilled Veggie Kebabs

Rainbow Fruit Salad with Maple-Lime Dressing

Deviled Potato Salad

SERVES 4 TO 6

One of my friend's moms used to put deviled eggs in her potato salad, which automatically made it my favorite potato salad ever and forced me to find ways to get myself invited to their family gatherings. This vegan potato salad is a throwback to my old favorite, with the mustard, paprika, and black salt working to bring those wonderful deviled egg flavors to the salad without having to break open a carton of eggs.

PREP TIME: 10 minutes
ACTIVE TIME: 15 minutes
INACTIVE TIME: 60 minutes

1 pound (455 g) baby Yukon gold potatoes (or baby Dutch Yellow Potatoes), quartered
¼ cup (55 g) vegan mayonnaise (soy-free if necessary)
2 tablespoons vegan sweet pickle relish
1 tablespoon yellow mustard (gluten-free if necessary)
2 teaspoons apple cider vinegar
½ teaspoon onion powder
½ teaspoon garlic powder
½ teaspoon paprika, plus more for dusting
½ teaspoon black salt (kala namak; or regular salt)

1. Place the potatoes in a pot and cover with water. Bring to a boil and cook the potatoes until easily pierced with a fork, 7 to 8 minutes. Drain, then rinse the potatoes with cold water until cool. Drain well.
2. Combine the mayonnaise, relish, mustard, vinegar, onion powder, garlic powder, paprika, and salt in a large bowl and stir until combined. Fold in the potatoes, letting them get mashed a little along the way. Lightly dust the top of the salad with more paprika and refrigerate for 1 hour before serving. Leftovers will keep in an airtight container in the fridge for 3 to 4 days.

Herbed Tofu Burgers

MAKES 6 BURGERS

It can be tough to create a homemade vegan burger that's full of flavor, impresses the omnivores, and is sturdy enough to withstand being cooked on a grill. Sure, there are plenty of store-bought versions on the market that can hold up, but usually the flavor or texture is lacking, so our omnivore family members are left with a bad taste in their mouth (literally and figuratively). These tofu-based burgers are firm, hearty, flavorful, and can be grilled. You aren't going to fool anybody into thinking these are beef burgers, but they're so good nobody will care.

PREP TIME: 10 minutes
ACTIVE TIME: 45 minutes
INACTIVE TIME: 30 minutes

1 teaspoon olive oil

1 cup (270 g) chopped yellow onion

2 garlic cloves, minced

One 14-ounce (397 g) block extra firm tofu, pressed for about 30 minutes

2 tablespoons liquid aminos (or gluten-free tamari)

1 teaspoon vegan Worcestershire sauce (gluten-free if necessary)

½ teaspoon liquid smoke

½ teaspoon ground cumin

½ teaspoon dried thyme

½ teaspoon dried oregano

½ teaspoon dried basil

½ teaspoon dried parsley

¾ cup (75 g) rolled oats (certified gluten-free if necessary)

½ cup (90 g) vegan bread crumbs (gluten-free if necessary)

2 tablespoons sesame seeds

Salt and black pepper to taste

Olive oil spray

6 vegan burger buns (gluten-free if necessary)

Burger fixings (all are optional): lettuce, sliced tomato, sliced avocado, sliced red onion, pickles, Pickled Red Cabbage & Onion Relish , ketchup, mustard, barbecue sauce, Basic

Cashew Cheese Sauce or other vegan cheese

1. Heat the olive oil in a large frying pan over medium heat. Add the onion and garlic and sauté until the onion is translucent.
2. Transfer to a food processor. Add the tofu, liquid aminos, Worcestershire sauce, liquid smoke, cumin, thyme, oregano, basil, parsley, and ¼ cup (25 g) of the oats. Process until smooth.
3. Transfer the mixture to a large bowl and add the remaining oats, the bread crumbs, and sesame seeds. Mix until combined. Add salt and pepper.
4. Line a baking sheet with parchment paper or a silicone baking mat. Divide the mixture into six equal parts. Using your hands or a greased biscuit cutter (sized to fit the buns), form the mixture into patties and place on the baking sheet.
5. Heat a large grill pan or frying pan, preferably cast iron, over medium heat. Generously spray the pan with olive oil. Place 2 or 3 patties in the pan (however many will fit without being crowded) and cook for 4 to 5 minutes on each side, a few minutes longer if your patties are more than ¾ inch (2 cm) thick, until firm, crisp, and browned on the outside. Place the burgers on buns. Repeat with the remaining patties, respraying the pan between batches.
6. Let everyone assemble their burger with their choice of fixings. Leftover burgers will keep in an airtight container in the fridge for up to 4 days.

Ranch-Seasoned Corn on the Cob

GF NF SFO

SERVES 4, WITH EXTRA SEASONING

Come summertime, I could live on corn on the cob. Especially when it's grilled in the husk until hot and smoky, then coated in vegan butter. Only one thing can make it better: a sprinkling of this ranch dressing–inspired seasoning all over it before I take my first bite. Trust me. It's. So. Friggin'. Good. In fact, it's so good that this ranch seasoning is likely to become a new staple in your cooking repertoire! When you've come out of your corn-on-the-cob-induced happiness coma, see the Tip for more ideas on how to incorporate this seasoning into your life.

PREP TIME: 5 minutes
ACTIVE TIME: 25 minutes
INACTIVE TIME: 15 minutes

ranch seasoning

2 tablespoons dried parsley
1 tablespoon dried minced onion
2 teaspoons onion powder
2 teaspoons garlic powder
1½ teaspoons dried dill
1½ teaspoons dried oregano
1 teaspoon celery seed
1 teaspoon salt
1 teaspoon coconut sugar
½ teaspoon paprika
¼ teaspoon black pepper

corn on the cob

At least 4 ears corn, in the husks (1 or more per person)
Vegan butter (soy-free if necessary)
Chopped fresh parsley, optional

1. **To make the ranch seasoning** : Combine all the ingredients in a food processor or spice grinder. Pulse a couple of times until it's a coarse powder. Transfer to a jar or airtight container.

2. **To make the corn on the cob** : Peel back the husks of the corn without detaching them. Remove and discard all the silk. Pull the husks back over the corn and place the ears in a large bowl or pot of cold water. Soak for 15 minutes.
3. Heat the grill to medium-high or heat a grill pan on the stove over medium heat. Place the corn on the grill and cook for 20 minutes, flipping once halfway through, or until the husks are slightly charred and the corn is tender.
4. If you want pretty grill marks on the corn, peel back the husks, place the corn directly on the grill, and cook for a couple of minutes on each side. Otherwise, just remove the corn from the grill.
5. Use a kitchen towel to pull back the husks. Tie them to form a handle. Spread butter over each ear and season generously with ranch seasoning. Sprinkle with chopped parsley (if desired) and serve immediately.

VARIATION

- You can also roast the corn. Remove the husks when you remove the silk and skip the soaking. Place each ear on a sheet of aluminum foil. Spread butter on the corn, then sprinkle generously with the ranch seasoning. Wrap the aluminum tightly around the corn. Roast at 450°F (230°C) for 15 to 20 minutes, until the corn is tender.

TIP

- You will have leftover spice blend, but don't worry—you can use this ranch seasoning just as you would any spice blend! Use it in the marinade for the Grilled Veggie Kebabs , sprinkle on the Perfect Roasted Potatoes before they go in the oven, or top your Quick & Easy Avocado Toast with it.

Creamy, Crunchy Coleslaw

SERVES 10 TO 12

What separates an ordinary coleslaw from an incredible coleslaw is the crunch factor. The cabbage and carrot are cured with kosher salt and sugar before being tossed with a vegan mayonnaise-based dressing—the curing period prevents them from becoming limp and slimy and helps the slaw keep its crunch for a few days. That means if you have some left over from being a perfect side to your grilled Herbed Tofu Burgers , it'll still taste wonderful the next day stuffed into a BBQ Pulled Jackfruit Sandwich .

PREP TIME: 15 minutes
ACTIVE TIME: 20 minutes
INACTIVE TIME: 35 minutes

1 medium (1½- to 2-pound/680 to 900 g) head green cabbage, quartered, cored, and shredded on a mandoline or grater
2 medium carrots, peeled and grated
¾ cup (150 g) vegan sugar
½ cup (100 g) kosher salt
3 or 4 green onions, chopped (green and white parts)
¾ cup (165 g) vegan mayonnaise (soy-free if necessary)
¼ cup (60 ml) apple cider vinegar
2 tablespoons maple syrup
2 teaspoons Dijon mustard (gluten-free if necessary)
1 teaspoon dried parsley
1 teaspoon celery seed
1 teaspoon black pepper
Salt to taste

1. Combine the cabbage and carrots in a large bowl and toss with the sugar and kosher salt. Let rest for 5 minutes, then transfer to a colander and rinse thoroughly with cold water. (Not thoroughly rinsing the cabbage will result in overly salty slaw.) Rinse and dry the bowl. Run the cabbage and carrots through a salad spinner to remove the excess moisture, or spread out the mixture on a clean kitchen towel and pat dry with paper towels or another kitchen towel. Once dry, return the mixture to the bowl and add the green onions.

2. In a small bowl, mix together the mayonnaise, vinegar, maple syrup, mustard, parsley, celery seed, and pepper. Once thoroughly combined, add the dressing to the cabbage mixture and toss until evenly coated. Add salt if needed. Chill for at least 30 minutes before serving. Leftovers will keep in an airtight container in the fridge for 2 to 3 days.

Grilled Veggie Kebabs

MAKES 10 KEBABS

Kebabs are a popular barbecue side dish and for good reason: It's way more fun to eat food on sticks. While our omnivore family members may like to slide pieces of meat onto the skewers with just a few vegetables in between, it's totally possible to have an all-veggie skewer that rocks just as hard as the meat-laden ones. The trick is in the marinade. By marinating the veggies in a simple mixture of oil, lemon juice, garlic, and herbs, they're infused with loads of flavor. After grilling, each vegetable is juicy, tender, and full of smoky, tangy goodness. With one of these kebabs in their hand, no one will be asking "Where's the meat?"

PREP TIME: 20 minutes
ACTIVE TIME: 30 minutes
INACTIVE TIME: 15 minutes

¼ cup (60 ml) olive oil
3 tablespoons lemon juice
2 garlic cloves, minced
1 teaspoon dried basil
1 teaspoon dried parsley
½ teaspoon smoked paprika
10 medium cremini mushrooms (or button mushrooms), stemmed
10 cherry tomatoes
One 14- to 15-ounce (400 to 425 g) can artichoke hearts, rinsed and drained
1 zucchini, sliced into ½-inch (1 cm) half circles
1 yellow squash, sliced into ½-inch (1 cm) half circles
1 red bell pepper, chopped into 1-inch (2.5 cm) squares
1 orange bell pepper, chopped into 1-inch (2.5 cm) squares
10 long wooden skewers

1. Combine the olive oil, lemon juice, garlic, basil, parsley, and paprika in a large shallow bowl or baking dish. Add the mushrooms, tomatoes, artichoke hearts, zucchini, squash, and bell peppers and toss to coat with the marinade. Marinate for about 15 minutes, tossing the veggies every few minutes or so. Soak the skewers in water while the veggies marinate.

2. Thread the veggies onto the skewers, making sure to get equal amounts of each veggie on each skewer.
3. Heat the grill to medium-high or heat a grill pan on the stove over medium-high heat. Cook the kebabs, brushing leftover marinade over them a couple of times, for 4 to 5 minutes per side, until tender and slightly charred. Serve immediately.

VARIATION

- Roasted Veggie Kebabs: Arrange the kebabs on a baking sheet lined with parchment paper or a silicone baking mat and roast them in a 450°F (230°C) oven for 20 minutes, flipping once halfway through.

Rainbow Fruit Salad with Maple-Lime Dressing

GF NF SF TG

SERVES 10 TO 12

Okay, yes. Fruit salad is already vegan. I'm not reinventing the wheel here. This fruit salad, dressed up with mint leaves and a zesty maple-lime dressing, will show the family that we vegans don't just eat plain ol' boring bowls of fruit (even though you and I know that plain ol' bowls of fruit are *anything but* boring!). And if your family has already been doing dressed-up fruit salads since the Reagan administration, then good for you. Carry on.

PREP TIME: 25 minutes
ACTIVE TIME: 5 minutes
INACTIVE TIME: 60 minutes

2 cups (260 g) chopped strawberries

2 cups (300 g) halved seedless green grapes

2 cups (300 g) blueberries

1½ cups (205 g) chopped fresh mango

1½ cups (240 g) chopped fresh pineapple

One 11-ounce (312 g) can mandarin oranges, rinsed, drained, and cut in half

½ cup (120 ml) maple syrup

Grated zest and juice of 2 limes

2 tablespoons chopped fresh mint

1. Combine the strawberries, grapes, blueberries, mango, pineapple, and mandarin oranges in a large bowl.
2. In a small bowl or cup, combine the maple syrup with the lime zest and juice. Add to the fruit, along with the mint, and toss until combined. Cover and refrigerate for 1 hour before serving. Leftovers will keep in an airtight container in the fridge for 1 to 2 days.

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It’s just not the holidays without Aunt Betty’s pumpkin pie.

VEGAN DISHES THAT WILL START NEW HOLIDAY TRADITIONS

The holidays can be especially challenging for vegans and their families. There are so many traditions tied up with the holidays, things people look forward to all year. When something threatens those traditions, such as a new diet that prevents favorite dishes from being enjoyed by all, it’s understandable for family members to get upset. The trick is to bring good vegan food and start some new traditions in addition to keeping the old.

IN THIS CHAPTER

Cheesy Roasted Sweet Potatoes

Green Bean Casserole with Crispy Onion Topping

Mashed Potatoes

Maple-Miso Tempeh Cutlets

Easy Tahini Gravy

Marbled Pumpkin Cheesecake

Gingerbread Cookies

Cheesy Roasted Sweet Potatoes

SERVES 6 TO 8

Every family has its own particular method of preparing sweet potatoes for the holidays. Some make sweet potato pie, while others do candied yams with marshmallows. And that's just a couple of the ways families prepare them! You can start a new tradition by bringing these cheesy roasted sweet potatoes to dinner. Because they're roasted in spices and coated in nutritional yeast for a cheesy, umami taste, they're jam-packed with flavor, making them pretty addicting. Plus, if someone also brings sweet potato pie, the family can enjoy both without having to give up one of the dishes they've been waiting for all year.

PREP TIME: 5 minutes
ACTIVE TIME: 5 minutes
INACTIVE TIME: 35 minutes

4 large sweet potatoes or yams (2 pounds/900 g), peeled and diced
Olive oil spray
4 to 6 tablespoons nutritional yeast
1 teaspoon garlic powder
1 teaspoon smoked paprika
Salt and black pepper to taste

1. Preheat the oven to 425°F (220°C). Line two baking sheets with parchment paper or silicone baking mats.
2. Spread out the sweet potatoes on the sheets and spray with olive oil. Sprinkle the nutritional yeast, garlic powder, paprika, salt, and pepper over them and toss to coat.
3. Bake for 30 to 35 minutes, until easily pierced with a fork, tossing them once halfway through to ensure even cooking. Serve immediately. Refrigerate leftovers in an airtight container for 3 to 4 days.

Green Bean Casserole with Crispy Onion Topping

SERVES 6 TO 8

If your family is anything like mine, green bean casserole consists of three (highly processed) ingredients: a can of green beans, a can of cream of mushroom soup, and a can of fried onions. Though using only three cans to make the casserole makes grocery shopping pretty easy, it doesn't do much for the flavor of the casserole or the health of your family members. By using simple homemade Cream of Mushroom Soup , fresh green beans, and quickly prepared, crispy, bread-crumb-coated onions for the topping, your family will not, and I repeat, *will not* miss the old chemical casserole.

PREP TIME: 15 minutes (not including time to make Cream of Mushroom Soup)
ACTIVE TIME: 25 minutes
INACTIVE TIME: 25 minutes

Olive oil spray

1 pound (455 g) fresh green beans, trimmed

Cream of Mushroom Soup

1 tablespoon vegan butter (soy-free if necessary)

1 sweet onion, quartered and thinly sliced

¾ cup (60 g) vegan panko bread crumbs (gluten-free if necessary)

½ teaspoon garlic powder

½ teaspoon salt

3 tablespoons nutritional yeast, optional

1. Preheat the oven to 400°F (200°C). Lightly spray a 9 × 13-inch (23 × 33 cm) baking dish with olive oil.
2. Place the green beans in a steamer basket over a pot of boiling water and cover. Steam for 5 minutes, then transfer to a large bowl. Pour the soup into the bowl and stir to combine. Set aside.
3. While the green beans are steaming, melt half of the butter in a large frying pan over medium heat. Add the onion and cook, stirring occasionally, until soft and golden, 5 to 7 minutes. Transfer the onions to a medium bowl. (Don't bother to clean the pan.) Melt the remaining butter in the frying pan and add the bread crumbs. Cook, stirring frequently, until the crumbs are crispy. Stir in the garlic powder and salt and remove from the heat. Add to the onions along with the nutritional yeast (if using). Stir to combine.

4. Pour the green bean mixture into the prepared baking dish. Spread the onion mixture over the top. Bake for 25 minutes, or until the topping is crispy and the casserole is bubbly. Serve immediately. Leftovers will keep in an airtight container in the fridge for 3 to 4 days.

TIP

- To prepare this in advance, bake the casserole without the topping for 25 minutes. Refrigerate until ready to serve. Prepare the onion topping, spread it on the top, and bake the casserole at 400°F (200°C) for 15 to 20 minutes, until heated through.

Pictured with Easy Tahini Gravy

Mashed Potatoes

GF NFO SFO

SERVES 8 TO 10

Every year my in-laws make a big batch of regular mashed potatoes and a big batch of vegan mashed potatoes and put them on the table together. Guess who's never able to get seconds on the mashed potatoes? That's right—the vegans. Because everybody eats all the vegan mashed potatoes first, not having any clue that they're made without any dairy. They have no idea that there's any difference between the two bowls at all. Mashed potatoes are probably the most easily veganizable side dish. If you're looking for somewhere to start in veganizing the holiday table, this is the dish you should begin with.

PREP TIME: 10 minutes
ACTIVE TIME: 10 minutes

3 pounds (1.4 kg) Yukon gold potatoes, peeled and chopped into large chunks

½ cup (120 ml) unsweetened nondairy milk (nut-free and/or soy-free if necessary), plus more if needed

¼ cup (60 ml) olive oil

Salt and black pepper to taste

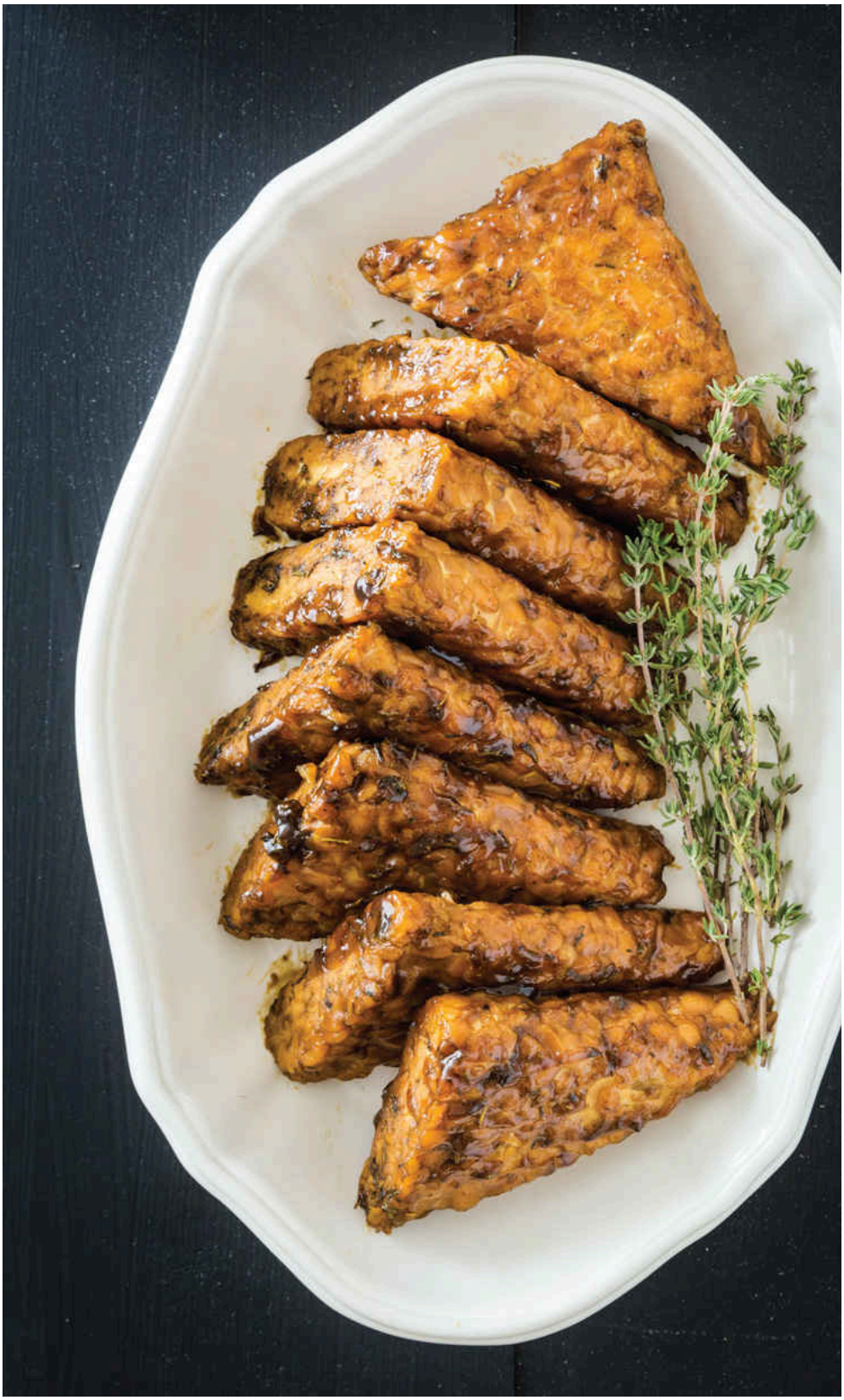
1. Place the potatoes in a pot and cover with water. Bring to a boil and cook until the potatoes are tender, 7 to 8 minutes. Drain the potatoes, then return them to the pot.
2. Add the milk and olive oil. Mash until it reaches the desired consistency. If the potatoes are still too dry, add milk by the tablespoon until it reaches the desired moisture level. Add salt and pepper. Leftovers will keep in the fridge in an airtight container for up to 4 days.

VARIATIONS

- Truffled Mashed Potatoes: Replace 3 tablespoons of the olive oil with truffle oil, and add ½ teaspoon of garlic powder.
- Reduced-Calorie Mashed Potatoes: Replace half of the potatoes with 1½ pounds (680 g) cauliflower florets.

TIP

- To make the mashed potatoes extra smooth, process them in a food processor with the milk and olive oil.



Maple-Miso Tempeh Cutlets

SERVES 4

Though it would be nice if the whole family were cool with you replacing the turkey or ham or whatever poor animal has to be the centerpiece of the holiday meal with something vegan, that's not likely to happen. Not right away, at least. What we always do is bring along a vegan main dish that's just for us (and the other vegans/vegetarians at the gathering). The rest of the family can still have their traditional main dish and you don't have to sacrifice your lifestyle choice. Although I could bring a store-bought faux meat dish, I like to bring something homemade (I'm going to get far fewer jokes about some tempeh than if I'm heating up a "tofurkey"). These tasty tempeh cutlets, glazed in a savory maple-miso sauce, are best enjoyed the day they're prepared. If you need to prepare them somewhat in advance, steam the tempeh and prepare the sauce so that all you need to do on the day of is cook the cutlets in the sauce.

PREP TIME: 5 minutes
ACTIVE TIME: 20 minutes
INACTIVE TIME: 20 minutes

Two 8-ounce (225 g) packages tempeh
¼ cup (60 ml) low-sodium vegetable broth
¼ cup (60 ml) liquid aminos (or gluten-free tamari)
¼ cup (60 ml) maple syrup
2 teaspoons white soy miso (or chickpea miso)
1 teaspoon dried sage
1 teaspoon dried thyme
Salt and black pepper to taste

1. Chop each tempeh block in half horizontally, then chop each half diagonally so you have eight triangles.
2. Fill a large shallow saucepan with a couple of inches of water and fit with a steamer basket. Place the tempeh triangles in the steamer basket and cover with a lid. Bring to a boil, then reduce to a simmer. Steam the tempeh for 15 to 20 minutes, flipping the triangles once halfway through. Remove the steamer basket from the pan (keep the tempeh in the basket) and set aside.
3. Dump the water from the saucepan. Combine the vegetable broth, liquid aminos, maple syrup, miso, sage, and thyme in the pan and stir to mix. Add the tempeh triangles and

bring to a boil. Once boiling, reduce the heat to a low simmer. Let the tempeh simmer in the sauce for 10 to 12 minutes, flipping them once halfway through, until the sauce is absorbed and starts to caramelize. Remove from the heat and add salt and pepper. Serve immediately. Leftovers will keep in an airtight container in the fridge for 4 to 5 days.

TIP

- For a killer Thanksgiving Leftovers Sandwich, slice one of the triangles widthwise so that you have two thinner triangles. Use those in the sandwich, along with some Easy Tahini Gravy , Cheesy Roasted Sweet Potatoes , and maybe some Green Bean Casserole with Crispy Onion Topping .

Pictured with Mashed Potatoes

Easy Tahini Gravy

MAKES 3 CUPS (720 ML)

As mentioned earlier, my in-laws are obsessed with a certain vegan mushroom gravy . I love it, too, but when I want a simpler gravy, one that can come together in 20 minutes and that's rich and buttery and creamy and reminiscent of traditional gravy, this one is my girl. Tahini is the key ingredient, taking it from zero to I-want-to-lick-the-gravy-boat-clean. The only argument that this gravy may cause at the dinner table is about whether or not gravy is a beverage and who gets to drink the leftovers. You've been warned.

PREP TIME: 5 minutes
ACTIVE TIME: 15 minutes

1 tablespoon vegan butter (soy-free if necessary)
½ yellow onion, finely diced
1 teaspoon minced garlic
½ teaspoon dried thyme
½ teaspoon dried rosemary
2 tablespoons oat flour (certified gluten-free if necessary)
2½ cups (600 ml) low-sodium vegetable broth
2 tablespoons tahini (gluten-free if necessary)
2 tablespoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
1 tablespoon nutritional yeast
Salt and black pepper to taste

1. Melt the butter in a large shallow saucepan over medium heat. Add the onion and garlic and sauté until the onion is translucent, about 5 minutes. Add the thyme and rosemary and cook for a minute more. Add the flour and cook, stirring continuously, until the flour is completely incorporated.
2. Add the broth, tahini, and liquid aminos and stir until well combined. Cook, stirring frequently, until the gravy is thick and glossy, 5 to 7 minutes. Add the nutritional yeast and remove from the heat.
3. Use an immersion blender to blend the gravy until smooth. You can also transfer the gravy to a blender to blend until smooth. Add salt and pepper. Serve immediately.

Leftovers will keep in an airtight container in the fridge for 2 to 3 days.

Marbled Pumpkin Cheesecake

SERVES 8 TO 10

My aunt always makes the best pumpkin pie. The whole family loves it and looks forward to it every Thanksgiving. If I were to bring a vegan pumpkin pie to share with my family, everyone would compare it to my aunt's and since that's already the frontrunner and a beloved family recipe, not only would my vegan pie be the loser, it would be a loss for vegan food in general. That's why I bring a dish that's a little different. This cheesecake is as delicious as it is beautiful. It doesn't have to compete with pumpkin pie—it can stand on its own, and if the family wants to try the cheesecake without giving up their beloved pie, they don't have to.

PREP TIME: 15 minutes (not including time to chill coconut cream)
ACTIVE TIME: 15 minutes
INACTIVE TIME: 6 hours

crust

1 cup (165 g) Medjool dates, pitted
1½ cups (190 g) pecan pieces
½ cup (50 g) almond flour
½ teaspoon ground cinnamon
½ teaspoon ground ginger
½ teaspoon salt
2 tablespoons maple syrup
1 tablespoon coconut oil, melted
Vegan cooking spray (soy-free if necessary)

filling

1½ cups (225 g) raw cashews, soaked in warm water for at least 4 hours and drained, water discarded (if you're using a high-speed blender, you can skip the soaking)
6 tablespoons (85 g) chilled, hardened canned coconut cream (see Tip)
½ cup (120 ml) maple syrup
3 tablespoons lemon juice
1⅓ cups (320 g) pureed pumpkin (not pumpkin pie filling)
1 teaspoon vanilla extract
1 teaspoon ground cinnamon

1 teaspoon ground ginger

½ teaspoon ground nutmeg

¼ teaspoon ground cloves

¼ teaspoon salt

1. **To make the crust** : Place the dates in a food processor and process until they're in small pieces. Add the pecans and process until crumbly. Add the almond flour, cinnamon, ginger, salt, maple syrup, and coconut oil and process until incorporated and the mixture holds together when squeezed.
2. Line the bottom of a 9-inch (23 cm) springform pan with parchment paper and lightly spray the inside of the pan with cooking spray. Transfer the crust mixture to the pan and spread it evenly along the bottom and about 1 inch (2.5 cm) up the sides. Place the pan in the freezer.
3. **To make the filling** : In a blender, combine the cashews, coconut cream, maple syrup, and lemon juice. Blend until smooth, then transfer ¼ cup (60 ml) of the mixture to a small bowl and set aside. Add the pumpkin, vanilla, cinnamon, ginger, nutmeg, cloves, and salt to the processor. Blend until smooth. Pour on top of the crust and spread it evenly.
4. Drizzle the reserved cashew cream over the top. Carefully drag a toothpick or skewer through the coconut cream and pumpkin mixtures, making a marbleized pattern. Cover the pan, return to the freezer, and freeze for 2 hours. Transfer to the refrigerator until ready to serve. Remove the sides of the springform pan, slice, and serve. Leftovers will keep in the fridge for 3 to 4 days.

TIP

- Refrigerate a can of coconut cream or full-fat coconut milk overnight. The cream will harden and separate from the water. Use a can opener to open the can and lift off the lid. Carefully spoon out the solid coconut cream. Discard the water (or save it for later use). If you can find a 5.4-ounce (150 g) can coconut cream, it will provide you with all the cream you need for this recipe.

Gingerbread Cookies

GF SF

MAKES 24 COOKIES

Cookies are my friggin' jam come the holiday season. Once the temperature drops, I always have a batch of cookies somewhere, just waiting to be gobbled up alongside a cup of hot tea or a glass of milk. With all of my cookie baking, it would be a shame if I didn't make at least one batch of these gingerbread cookies every year. That's why I always make a double batch. At least two or three times. A month. Just make these cookies before you judge me. And if cookies aren't your thing, I hear that Santa likes to nibble on them when he stops at your house. Just saying.

PREP TIME: 10 minutes
ACTIVE TIME: 20 minutes
INACTIVE TIME: 45 minutes

2 teaspoons flax meal
1 tablespoon warm water
¾ cup (90 g) oat flour (certified gluten-free)
½ cup (65 g) brown rice flour
¼ cup (25 g) almond flour
1 tablespoon arrowroot powder
1 teaspoon baking soda
1 teaspoon ground ginger
½ teaspoon ground cinnamon
½ teaspoon salt
¼ teaspoon ground nutmeg
¼ teaspoon xanthan gum
⅓ cup (80 ml) coconut oil, melted
¼ cup (60 ml) blackstrap molasses (or regular molasses)
¼ cup (40 g) coconut sugar (or brown sugar)
1 teaspoon grated fresh ginger
½ teaspoon vanilla extract

cinnamon sugar
3 tablespoons coconut sugar
1 tablespoon ground cinnamon

1. Mix the flax meal with the water in a medium bowl. Set aside and let rest for about 5 minutes.
2. Combine the oat flour, rice flour, almond flour, arrowroot, baking soda, ground ginger, cinnamon, salt, nutmeg, and xanthan gum in a large bowl and whisk until combined.

3. Add the coconut oil, molasses, sugar, grated ginger, and vanilla to the flax mixture. Mix until combined. Add the wet ingredients to the dry ingredients and stir until combined. Chill the dough in the fridge for at least 30 minutes.
4. Once you're ready to bake, preheat the oven to 350°F (180°C). Line two baking sheets with parchment paper or silicone baking mats. Remove the dough from the refrigerator.
5. **To make the cinnamon sugar** : Mix the sugar and cinnamon in a shallow bowl.
6. Scoop out a tablespoon of dough and roll it into a ball. Roll the ball in the cinnamon-sugar mixture, then place on the prepared baking sheet. Repeat with the remaining dough, spacing the balls about 2 inches (5 cm) apart. Use a fork to gently flatten each cookie and make a crisscross pattern on the top. Bake for 10 to 12 minutes, until the cookies are spread out and firm around the edges. Let the cookies cool on the pan for a couple of minutes before transferring them to a cooling rack. Cool completely before serving. (They will firm up more as they cool.) Store in an airtight container at room temperature for up 4 days.

VARIATION

- To make these cookies with gluten, replace the oat, brown rice, and almond flours with 1½ cups (195 g) unbleached all-purpose flour and exclude the arrowroot powder and xanthan gum.

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But this recipe has been passed down for generations!

CLASSIC FAMILY RECIPES (VEGANIZED) THAT EVEN GRANDMA WILL APPROVE OF!

Sure, there are a gazillion vegan recipes out there, but what good are they when what you really want is that one dish that's been in your family for years? Learning how to veganize family favorites is key to helping you enjoy those familiar flavors and cherished memories while staying vegan. This chapter is full of recipes that hold special meaning in my heart because they're based on some of my family's most treasured recipes. I'll also share tips to help you veganize your own family's beloved dishes.

IN THIS CHAPTER

Tips & Tricks: Veganizing Your Family's Favorite Recipes

Tempeh Sausage Minestrone

Pot-obello Roast

Sweet Potato Casserole

Skillet Cornbread

Grandma's Famous Date Nut Bread

Peanut Butter Pie

Tips & Tricks

V E G A N I Z I N G
YOUR FAMILY'S FAVORITE RECIPES

E very family has its own set of recipes that they hold dear. Some of yours might already be covered in this book, but for those that aren't, here are some tips to help you veganize your family's treasured dishes.

STEP 1: Analyze the ingredients. This may seem like a no-brainer, but it's important. Read over the ingredient list and make note of any that are animal-based. Some recipes may have only a couple of ingredients that need replacing, while others require the entire ingredient list to be replaced. Keep an eye out for tricky ingredients, like Worcestershire sauce, for example, which may seem totally cool but actually contains anchovies.

STEP 2: Figure out substitutions. This part is slightly trickier, especially if you're a new vegan. Of course, there are easy store-bought alternatives for some basic items. You can get vegan milk, butter, cream cheese, mayonnaise, and a number of other ingredients that can be switched for the regular stuff without a hitch. For meat, you could go with a faux meat (there's nothing wrong with that and, truthfully, it makes life so much easier when you're still trying to figure out this whole "vegan" thing), but I personally like to get a little more creative. Can the steak be switched out with portobello mushrooms (like the Pot-obello Roast , for instance)? Can the chicken be replaced with roasted cauliflower florets (as with the Kung Pao Cauliflower or the Buffalo Cauliflower Wings)? Would jackfruit work in place of pulled pork (like in the Jackfruit Carnitas Burrito Bowl) or would smashed lentils be a good substitute for ground meat (as in the Smashed Lentil Tacos)? Other great meat replacers include roasted eggplant, beets, and beans of all sorts.

Eggs are where things get a little trickier. Scrambled tofu is a tasty replacement for scrambled eggs (see the Tofu Rancheros), and it can be also used as a great thickening or emulsifying base in things like frittatas, mousses, and casseroles. In baking and desserts, though, tofu isn't always the best answer ("always" being the operative word here). You can make flax- or chia-based "eggs" by mixing flax meal or chia seeds with warm water and letting it thicken. The reaction of baking soda mixed with vinegar causes a leavening action. You can even use aquafaba (the brine from a can of chickpeas, which you normally just throw away). Thick fruit-based purees like apple-sauce, mashed bananas, pureed dates, or pureed pumpkin can work as egg replacements in many applications. Just think about what might work best in the recipe you're trying to veganize. If you're still confused, read on.

STEP 3: Ask the Internet and/or do research. When I first went vegan, I went on a panicked online search of my favorite recipes and foods, adding the word "vegan" in front. "Vegan ice cream," "vegan funnel cake," "vegan Nutter Butter cookies," and "vegan Nutter Butter cookie ice cream funnel cake" were just a few. It helped me out of a dark and scary moment. Why? Because vegan food bloggers have been friggin' busy since the beginning of the Internet and they've veganized pretty much everything you can imagine. Really. That dish you're currently thinking of? Do a search with the word "vegan" in front right now. I'll just sit here and eat funnel cake while I wait. Okay, welcome back. Now see what I'm talking about? Anything you want can be made vegan. If you're stuck on how to veganize something, check and see how others have tried to do it before you. If possible, check out a few different resources so you can compare notes.

STEP 4: Practice, practice, practice. This step is important. Now that you've figured out how to veganize Grandma's chicken pot pie recipe, try it out once before you share it with the whole family in hopes of them finally "seeing the light." Sometimes your first stab at veganizing a recipe is perfection, but sometimes it needs a few tweaks before it's worthy of sharing with loved ones. You'll also get to spend some time improving your cooking game. There's nothing worse than hyping vegan food to your family, then serving up a crumbly, dry lentil loaf and telling everyone, "It's just like Mom used to make." When they're

spitting their food out into their napkins and telling you to “get over this whole vegan kick,” you’re going to be wishing you had tried it out once or twice before sharing. Every family meal is major vegan outreach and you really gotta bring it if you want the family to get on board with eating vegan meals with you. Practice first, wow them second.

Tempeh Sausage Minestrone

SERVES 8 TO 10

I lived with my grandparents when I was a teenager, and Grandma's minestrone was one of my favorite meals while I stayed there. Grandma always seemed to make it on days when I'd had a rough time at school or wasn't feeling well. It was a thick, chunky minestrone, packed with tons of vegetables, beans, pasta, and chunks of sausage. My version was carefully reconstructed from my grandmother's handwritten recipe, which she gave to me when I moved out and went to college. It didn't need much veganizing—all I had to do was replace the sausage with ground tempeh sausage crumbles. Years later I'm still able to enjoy Grandma's comfort soup, even after going vegan.

PREP TIME: 35 minutes
ACTIVE TIME: 25 minutes (not including time to make Quick Sausage Crumbles)
INACTIVE TIME: 20 minutes

1 tablespoon olive oil
½ red onion, diced
2 medium carrots, peeled and sliced
2 celery stalks, sliced
½ fennel bulb, diced
2 cups (140 g) sliced cremini mushrooms (or button mushrooms)
2 cups (150 g) broccoli florets
2 small yellow squash, halved lengthwise and sliced
One 28-ounce (790 g) can no-salt-added diced tomatoes
5 cups (1.2 L) low-sodium vegetable broth
5 cups (1.2 L) water
3 tablespoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
2 teaspoons dried basil
2 teaspoons dried thyme
2 teaspoons dried oregano
½ teaspoon paprika
¼ teaspoon cayenne pepper
2 cups (140 g) pasta (gluten-free if necessary)

1½ cups (265 g) cooked great Northern beans (or one 15-ounce/425 g can, rinsed and drained)

1 cup (140 g) frozen green peas

Quick Sausage Crumbles

2 cups (80 g) packed chopped kale (or chard)

Salt and black pepper to taste

1. Heat the olive oil in your largest pot. Add the onion and sauté until the onion is just becoming translucent. Add the carrot, celery, fennel, and mushrooms and sauté for 2 to 3 minutes. Add the broccoli, squash, tomatoes and their liquid, broth, water, liquid aminos, basil, thyme, oregano, paprika, and cayenne pepper and bring to a boil. Reduce to a simmer and cook for about 10 minutes.
2. Add the pasta, beans, and peas and simmer until the pasta is al dente, about 10 minutes. Add the sausage crumbles, kale, salt, and pepper. Remove from the heat and serve immediately. Leftovers will keep in an airtight container in the fridge for 5 to 6 days, or frozen for up to 2 months.

Pot-obello Roast

SERVES 4 TO 6

My mom cooked just a handful of recipes (and by "handful" I mean that you could count them on one hand) while I was growing up. Pot roast was one of them. She would get out the electric skillet from the 1970s (which was only ever used to cook pot roast) and fill it with chunks of beef, whole potatoes, carrots, and onion and cook it however her mother had taught her. For my adaptation, the beef is replaced with portobello mushrooms, and for the veggies I stock up on carrots, fingerling potatoes, shallots, onions, and brussels sprouts, all cooked with a robust sauce and fresh herbs. I just wish I had that same electric skillet to cook it in.

PREP TIME: 20 minutes
ACTIVE TIME: 35 minutes
INACTIVE TIME: 20 minutes

4 large portobello mushrooms
1 tablespoon olive oil
1 small red onion, quartered
6 shallots, trimmed and halved lengthwise
2 tablespoons brown rice flour (or other flour, gluten-free if necessary)
¼ cup (60 ml) vegan red wine
2 tablespoons liquid aminos (or gluten-free tamari; use coconut aminos to be soy-free)
1 tablespoon vegan Worcestershire sauce (gluten-free and/or soy-free if necessary)
1 teaspoon dried parsley
1 teaspoon salt
1 teaspoon black pepper
½ teaspoon paprika
3 cups (720 ml) vegan low-sodium "no-beef" flavored broth (or regular vegetable broth)
1 tablespoon nutritional yeast
1 pound (455 g) small carrots, peeled (or baby carrots)
1 pound (455 g) fingerling potatoes, halved lengthwise
8 ounces (225 g) brussels sprouts, halved
4 thyme sprigs
2 rosemary sprigs

1. Remove the stems from the mushrooms and chop the stems into bite-size pieces. Set the stems and caps aside separately.
2. Preheat the oven to 400°F (200°C). Heat the oil in a large oven-safe pot or Dutch oven over medium heat. Add the onion and shallots and sauté for about 5 minutes, until softened. Add the flour and cook, stirring, until the flour is not visible, 1 to 2 minutes. Add the wine, liquid aminos, Worcestershire sauce, parsley, salt, pepper, and paprika and cook, stirring, for 2 to 3 minutes, until the mixture has thickened. Add the broth and stir in the nutritional yeast. Add the chopped mushroom stems, carrots, potatoes, and brussels sprouts and bring to a boil. Reduce the heat to a simmer and cook for about 5 minutes.
3. Remove from the heat. Arrange the portobello mushroom caps in the center of the pan, with vegetables surrounding and under them, and spoon sauce over the tops until well covered. Top with the thyme and rosemary sprigs. Cover the pot and place it in the oven. Roast for 15 minutes, then remove the lid and roast for another 5 minutes, uncovered. The mushrooms and vegetables should all be very tender. Remove from the oven.
4. You can serve straight from the pot, or arrange the portobello caps in the center of a platter surrounded by the vegetables and garnished with the herbs, and spoon the sauce over the top. Leftovers will keep in an airtight container in the fridge for 2 to 3 days.

Sweet Potato Casserole

GF SFO

SERVES 8

Okay, I'll admit it: I never even had sweet potato casserole until I was an adult. And I ate it for the first time at a friend's house. It was totally not a family recipe for me, but when I asked my readers what dishes were treasured in their families, sweet potato casserole was one that many people suggested. So I created my own. Even my husband, who doesn't care for sweet potatoes, loves this recipe. The potatoes have a wonderful sweet tang to them and the crunchy topping of pecans, oats, and cornflakes can't be beat. It may not be exactly like the one your family has been making for years, but your family definitely won't mind trying it.

PREP TIME: 20 minutes
ACTIVE TIME: 25 minutes
INACTIVE TIME: 20 minutes

casserole

4 pounds (1.8 kg) sweet potatoes or yams, peeled and roughly chopped
Vegan cooking spray (soy-free if necessary)
⅓ cup (80 ml) unsweetened nondairy milk (soy-free if necessary)
⅓ cup (80 ml) maple syrup
¼ cup (40 g) coconut sugar (or brown sugar)
3 tablespoons vegan butter (soy-free if necessary; or coconut oil), melted
2 tablespoons lemon juice
1 tablespoon nutritional yeast, optional
1 teaspoon ground cinnamon
½ teaspoon ground ginger
½ teaspoon salt
¼ teaspoon ground nutmeg

topping

1½ cups (190 g) chopped pecans
1 cup (100 g) rolled oats (certified gluten-free if necessary)
1 cup (30 g) vegan cornflakes (certified gluten-free if necessary)
⅓ cup (40 g) oat flour (certified gluten-free if necessary)
¼ cup (40 g) coconut sugar (or brown sugar)
1 teaspoon ground cinnamon
¼ teaspoon salt
4 tablespoons (55 g) vegan butter (soy-free if necessary; or coconut oil), melted

1 tablespoon maple syrup

1. **To make the casserole** : Place the sweet potatoes in a large pot and cover with water. Bring to a boil and cook for 8 to 10 minutes, until tender. Remove from the heat and drain. Set aside.
2. Preheat the oven to 350°F (180°C). Lightly spray a 9 × 13-inch (23 × 33 cm) baking dish with cooking spray.
3. Transfer the sweet potatoes to a large bowl. Add the milk, maple syrup, sugar, butter, lemon juice, nutritional yeast (if using), cinnamon, ginger, salt, and nutmeg. Use a masher to mash and combine the mixture until mostly smooth. Transfer to the prepared baking dish.
4. **To make the topping** : Mix together the pecans, oats, cornflakes, oat flour, sugar, cinnamon, and salt. Pour the melted butter and maple syrup over the top and stir until combined. Spread the topping over the casserole.
5. Bake for 20 minutes, or until the topping is crispy and the casserole is heated through. Serve immediately. Leftovers will keep in an airtight container in the fridge for 3 to 4 days.

VARIATION

- For a richer flavor, instead of boiling the sweet potatoes, roast them whole for 1 hour at 400°F (200°C). Let them cool, then scoop the flesh from the skins.

Skillet Cornbread

SERVES 8

My family's beloved cornbread recipe actually came from a box. But boy, did I love that stuff! Little did I know that the homemade version is way better. Using a blend of cornmeal, oat flour, and almond flour, you have a cornbread that's gluten-free in addition to being vegan. It's best to let this rest for at least 10 minutes before serving. The flavor deepens and the longer it gets to cool, the less crumbly it will be. It's even better the next day!

PREP TIME: 5 minutes
ACTIVE TIME: 15 minutes
INACTIVE TIME: 35 minutes

Olive oil spray (or vegan cooking spray, soy-free if necessary)
1 cup (240 ml) unsweetened almond milk
1 teaspoon apple cider vinegar
¼ cup + 2 tablespoons (90 ml) warm water
2 tablespoons flax meal
1½ cups (210 g) fine cornmeal (certified gluten-free if necessary)
1 cup (110 g) oat flour (certified gluten-free if necessary)
¼ cup (25 g) almond flour
1 tablespoon baking powder
½ teaspoon salt
½ teaspoon ground cumin
¼ teaspoon smoked paprika
¼ cup (60 ml) sunflower oil (or grapeseed oil)
¼ cup (60 ml) maple syrup

1. Preheat the oven to 400°F (200°C). Spray a 10-inch (25 cm) cast-iron skillet with olive oil.
2. In a 2-cup (500 ml) liquid measuring cup or a medium bowl, combine the milk with the vinegar. In a small cup or bowl, mix together the water and flax meal. Let both rest while you prepare the rest of the ingredients, or for 3 to 4 minutes
3. In a large bowl, whisk together the cornmeal, oat flour, almond flour, baking powder, salt, cumin, and paprika.

4. Once the flax meal mixture has thickened, add it to the milk. Add the sunflower oil and maple syrup. Stir until fully combined.
5. Add the wet ingredients to the dry ingredients and stir until just combined. Pour into the prepared skillet.
6. Bake for 20 to 25 minutes, until a toothpick inserted into the center comes out clean. Let rest for 5 to 10 minutes before serving. Leftovers will keep in an airtight container in the fridge for 2 to 3 days.

Grandma's Famous Date Nut Bread

MAKES 1 LOAF, 12 SLICES

When I asked my husband's family what some of their most beloved recipes were, the first thing everyone replied was "Grandma Hope's Famous Date Nut Bread." Since this was, hands down, everyone's first choice, I knew I had to veganize it. Chris's aunt tracked down the recipe—and it was surprisingly easy to veganize (I only had to switch applesauce for the eggs and vegan butter for the butter). I followed Grandma Hope's instructions exactly and Oh. My. Word. It was the most perfect loaf that ever came out of my kitchen. It's sweet and moist and not at all crumbly. The walnuts add texture to the bread without being too crunchy. I ate two slices by myself in under 3 minutes. Now I see why this bread is so famous!

PREP TIME: **15 minutes**
ACTIVE TIME: **15 minutes**
INACTIVE TIME: **75 minutes**

1 cup (165 g) chopped pitted dates

¾ cup (75 g) chopped walnuts

1½ teaspoons baking soda

½ teaspoon salt

⅛ teaspoon xanthan gum (exclude if using all-purpose flour or if your gluten-free blend includes it)

¾ cup (180 ml) boiling water

3 tablespoons vegan butter (soy-free if necessary)

Vegan cooking spray (soy-free if necessary)

½ cup (120 g) unsweetened applesauce

1 tablespoon apple cider vinegar

1 teaspoon vanilla extract

1½ cups (195 g) unbleached all-purpose flour (or gluten-free flour blend, soy-free if necessary)

1 cup (150 g) coconut sugar (or brown sugar)

1. Combine the dates, walnuts, baking soda, salt, and xanthan gum (if using) in a medium bowl. Pour in the boiling water and stir in the butter. Let the mixture rest for 20 minutes.

2. Preheat the oven to 350°F (180°C). Spray a 9 × 5-inch (23 × 12 cm) loaf pan with cooking spray.
3. In a large bowl, stir together the applesauce, vinegar, and vanilla. Gradually stir in the flour and sugar. It will be lumpy, and that's okay; just incorporate everything as thoroughly as you can. Add the date mixture and stir until combined. Pour into the prepared loaf pan.
4. Bake for 50 to 55 minutes, until a toothpick inserted in the center comes out clean. Let cool in the pan for 15 minutes before transferring to a cooling rack. Cool for at least 4 hours before slicing. Leftovers can be stored in an airtight container at room temperature for 3 to 4 days.

Peanut Butter Pie

MAKES 8 SLICES

My grandma used to make a peanut butter pie that I was in love with. It only made appearances on holidays and special occasions. Once us grandkids got older and weren't always at every get-together, my grandma would ask my cousin and me (he and I loved the pie more than anyone) if we were planning on coming because she would only make it for us. Her version had a graham cracker crust, peanut butter mousse, peanut butter crumble, and meringue topping. I always pushed the meringue off the top and ate everything else, so for my version I just kept the parts I liked. The crust is a homemade gluten-free crust, but it could easily be replaced with a store-bought vegan graham cracker crust. The mousse is made from a mixture of peanut butter and silken tofu and is thickened with coconut cream and tapioca powder. It's rich and decadent and every bit as good as I remember Grandma's pie being.

PREP TIME: 10 minutes (not including time to chill coconut cream)
ACTIVE TIME: 25 minutes
INACTIVE TIME: 2 hours + 10 minutes

Vegan cooking spray (soy-free if necessary)

crust

1 cup (110 g) oat flour (certified gluten-free if necessary)
½ cup (50 g) almond flour
¼ cup (40 g) coconut sugar (or brown sugar)
1 tablespoon arrowroot powder
1 teaspoon ground cinnamon
½ teaspoon vanilla powder, optional
½ teaspoon baking soda
½ teaspoon salt
6 tablespoons (85 g) very cold vegan butter (soy-free if necessary)
1 teaspoon apple cider vinegar

filling

1 cup (260 g) unsalted, unsweetened, smooth natural peanut butter
One 12-ounce (340 g) vacuum-packed block extra firm silken tofu

5 tablespoons (70 g) chilled, hardened canned coconut cream (see Tip)

½ cup (75 g) coconut sugar (or brown sugar)

2 tablespoons tapioca powder

1 teaspoon vanilla extract

½ teaspoon salt

peanut butter crumble

¼ cup (65 g) unsalted, unsweetened, smooth natural peanut butter

¼ cup (30 g) oat flour (certified gluten-free if necessary)

¼ cup (30 g) powdered sugar (or xylitol)

1. Preheat the oven to 375°F (190°C). Lightly spray a 9-inch (23 cm) pie pan with cooking spray.
2. **To make the crust** : In a large bowl, whisk together the oat flour, almond flour, sugar, arrowroot, cinnamon, vanilla powder (if using), baking soda, and salt. Cut in the butter and vinegar until it has the texture of wet sand and no pieces are larger than your pinkie fingernail.
3. Pour the mixture into the pie pan and use your hands to evenly distribute and spread the crust along the bottom and up the sides. Bake for 10 minutes. Remove from the oven and let cool completely before adding the filling.
4. **To make the filling** : In a food processor, combine the peanut butter, tofu, coconut cream, sugar, tapioca powder, vanilla, and salt. Process until smooth. Pour into the prepared crust. Refrigerate until ready to use.
5. **To make the crumble** : In a small bowl, combine the ingredients and stir with a fork until crumbly. Sprinkle the crumbles over the top of the pie. Chill for at least 2 hours, or until ready to serve. Leftovers will keep in an airtight container in the fridge for 1 to 2 days.

TIP

- Refrigerate a can of coconut cream or full-fat coconut milk overnight. The cream will harden and separate from the water. Use a can opener to open the can and lift off the lid. Carefully spoon out the solid coconut cream. Discard the water (or save it for later use). If you can find a 5.4-ounce (150 g) can coconut cream, it will provide you with all the cream you need for this recipe.

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Vegan food will zap all the romance on date night.

ROMANTIC VEGAN MEALS THAT WILL REALLY SET THE MOOD

What about all of those special meals you like to share with your significant other? Maybe there's something you both love that you eat every anniversary, or something you like to eat together on your cozy nights in. If you go vegan and need to give up those particular dishes, it doesn't mean that romance is dead! It means that you get to look for fresh meals to put in their place—and you'll be able to create new memories along the way!

IN THIS CHAPTER

Silky Cheese Fondue

Avocado, Pomegranate & Pine Nut Salad

Deconstructed Sushi Bowl

Sun-Dried Tomato Linguine

Scallops with Creamy Mushroom-Leek Sauce

Mini Salted Chocolate Caramel Pretzel Tarts

Silky Cheese Fondue

GFO SF PA

SERVES 6 TO 8

Did your first date involve a fancy fondue dinner? Maybe you locked eyes while you both tried to stab the same cube of bread with your little fondue forks and you knew it was true love. Now you can recreate that moment, sans dairy. A combination of potatoes, cashews, nutritional yeast, and sauerkraut recreate the texture and flavor of your favorite hot, velvety, dippable cheese. Just make sure to cut up enough bread cubes for both of you!

PREP TIME: 20 minutes
ACTIVE TIME: 35 minutes
INACTIVE TIME: 60 minutes

8 ounces (225 g) fingerling potatoes (or baby Dutch Yellow Potatoes)

1½ cups (225 g) raw cashews, soaked in warm water for at least 1 hour and drained, water reserved

¾ cup (180 ml) reserved soaking water

3 tablespoons nutritional yeast

2 tablespoons sauerkraut

2 tablespoons refined coconut oil

½ teaspoon onion powder

½ teaspoon garlic powder

1 cup (240 ml) vegan dry white wine

¼ cup (60 ml) water

3 tablespoons tapioca powder

Salt, optional

suggested dippers

Cubed vegan bread (gluten-free if necessary)

Cherry tomatoes

Chopped roasted or steamed veggies, such as carrots, mushrooms, asparagus, broccoli, cauliflower, or even potatoes or sweet potatoes

Fresh fruit, such as apple or pear slices or grapes

1. Place the fingerling potatoes in a medium pot and cover with water. Boil until tender, 7 to 8 minutes. Remove from the heat and drain. Transfer the potatoes to a blender along

with the cashews, reserved soaking water, nutritional yeast, sauerkraut, coconut oil, onion powder, and garlic powder. Blend until smooth, then transfer to the medium pot. Cook over medium heat, stirring occasionally, until heated through, about 5 minutes. Reduce the heat to medium-low. Add the wine and cook for another 5 minutes.

2. In a cup or small bowl, whisk together the water and tapioca powder. Add to the pot and cook, stirring constantly, until the fondue is thick and glossy. Add salt, if desired. Remove from the heat and transfer to a double boiler or a fondue pot over a tea light candle. Serve immediately with the dippers of your choice. Leftovers can be refrigerated in an airtight container for 1 to 2 days.

Avocado, Pomegranate & Pine Nut Salad

GF SF

SERVES 2 TO 4

Is a four-course meal your idea of a romantic dinner? If so, here's a recipe for the salad course that will really get your, um, engines going, if you know what I mean (I'm winking right now, but obviously you can't see that). Aphrodisiacs are foods renowned for their abilities to inspire amorous feelings (more winking), and this salad is packed with them! Avocados, pomegranates, strawberries, pine nuts, and even the chili powder in the dressing all supposedly have aphrodisiac powers. Don't be surprised if you don't make it past the salad course (big final wink).

PREP TIME: 15 minutes
ACTIVE TIME: 5 minutes

citrus-chili vinaigrette

¼ cup (60 ml) orange juice
2 tablespoons Champagne vinegar (or white wine vinegar)
1 tablespoon maple syrup
2 teaspoons olive oil
½ teaspoon chili powder

salad

3 cups (75 g) packed mixed baby greens
1 avocado, pitted, peeled, and chopped
1 cup (150 g) diced strawberries
½ cup (90 g) pomegranate seeds
¼ cup (40 g) toasted pine nuts

1. In a cup or small bowl, stir together the vinaigrette ingredients.
2. In a large bowl, toss together the greens, avocado, strawberries, pomegranate seeds, and pine nuts. Add the dressing and toss until evenly coated. Divide between two bowls and serve immediately.

VARIATION

- To liven up the salad a bit or turn it into more of a main course, add some cooked chickpeas, Quick Bacon Crumbles , or Chile-Roasted Tofu . A little sprinkling of Pepita Parmesan never hurt anybody either.

Deconstructed Sushi Bowl

SERVES 2 TO 4

Going out for sushi has always been a popular date night, but my husband and I never had a sushi date until after we became vegan. I didn't even like sushi until I became vegan. Now I can't get enough. I love putting time into making a nice plate of various rolls for us to share, but when I'm lazy, I just put it all in a bowl and call it a day. Fluffy sushi rice, tasty tofu, loads of veggies, chopped nori sheets, and tangy tamari-based dressing make this bowl a favorite, and because I don't have to spend time rolling up the rolls, we have more time to spend together. Win-win!

PREP TIME: **45 minutes** (not including time to cook rice and make Lemongrass Tofu or Chile-Roasted Tofu)
ACTIVE TIME: **15 minutes**

sushi bowl

1 large or 2 small watermelon radishes, thinly sliced (see Tip)

Salt to taste

3 cups (480 g) cooked white sushi rice (or short-grain black rice)

Lemongrass Tofu or Chile-Roasted Tofu

3 small carrots, peeled and julienned

1 cucumber or ½ English cucumber, thinly sliced

1 avocado, pitted, peeled, and thinly sliced

1 or 2 nori sheets

¼ cup (25 g) sliced green onions (green and white parts)

Pickled ginger

Black and/or white sesame seeds

dressing

3 tablespoons gluten-free tamari

2 tablespoons brown rice vinegar

1 tablespoon mirin

1. Ten minutes before serving, lay out the radish slices on a few paper towels. Sprinkle with salt and let them drain until ready to serve.

2. Divide the rice between two bowls. Top with pieces of tofu, carrots, cucumbers, radishes, and avocado.
3. Slice the nori sheet in half lengthwise. Slice each half widthwise into thin strips. Top each bowl with the nori strips, green onions, a bit of pickled ginger, and sesame seeds.
4. Combine the tamari, vinegar, and mirin in a small cup or bowl. Drizzle over each bowl. Serve immediately. Leftovers will keep in an airtight container in the fridge for 2 to 3 days.

TIP

- If you can't find watermelon radishes, you can use 5 or 6 regular radishes, very thinly sliced.

Sun-Dried Tomato Linguine

SERVES 4 (MAKES 6 CUPS/1.4 L SAUCE)

The Disney movie *Lady and the Tramp* greatly influenced my idea of romance. The scene with the two dogs sharing a plate of spaghetti shaped my opinion of what constitutes a perfect date. My search for the perfect mate ended when I found someone I wanted to share a plate of pasta with (and who agreed to simultaneously slurp up the same noodle until we found ourselves kissing). You can test your relationship to see if you're "meant to be" by sharing this dish. The linguine, drenched in a homemade marinara sauce made of sun-dried tomatoes and topped with sliced olives and capers (added for a burst of extra flavor and texture), is just begging to be shared. And if your partner agrees to slurp on the same noodle with you, you know you've found true love.

PREP TIME: **15 minutes** (not including time to make Pepita Parmesan)
ACTIVE TIME: **30 minutes**
INACTIVE TIME: **10 minutes**

sun-dried tomato marinara sauce

4 ounces (110 g) sun-dried tomatoes, chopped
2 cups (480 ml) warm water
1 teaspoon olive oil
½ medium yellow onion, diced
2 garlic cloves, peeled
2 cups (290 g) halved cherry tomatoes
½ cup (15 g) chopped fresh basil
One 15-ounce (425 g) can no-salt-added tomato sauce
One 6-ounce (170 g) can no-salt-added tomato paste
2 teaspoons maple syrup
Black pepper to taste

1 pound (455 g) linguine (gluten-free if necessary)
Pepita Parmesan , optional
½ cup (55 g) sliced pitted green olives
2 tablespoons capers, rinsed and drained
Chopped fresh parsley or basil, optional

1. Place the sun-dried tomatoes in a bowl and cover with the water. Let them soak for 10 minutes, or until rehydrated and tender. Drain, and reserve the soaking water.
2. Heat the olive oil in a large saucepan over medium heat. Add the onion and garlic and sauté until the onion is translucent. Add the sun-dried tomatoes and cherry tomatoes and cook, stirring occasionally, for about 8 minutes, until tender. Stir in the basil, tomato sauce, tomato paste, 1½ cups (360 ml) of the reserved soaking water, and the maple syrup. Stir until combined.
3. Use an immersion blender to blend the mixture until smooth (or mostly smooth), or transfer to a blender and blend until smooth. Simmer for 10 minutes more, stirring occasionally. If the sauce is sputtering too much, reduce the heat to medium-low. Add pepper.
4. While the sauce is cooking, bring a large pot of water to a boil. Add the linguine and cook according to the package instructions until al dente. Drain.
5. You can either add the pasta to the sauce or serve the pasta with the sauce spooned over it. Either way, garnish with a sprinkle of Pepita Parmesan (if using), olives, capers, and parsley (if using). Serve immediately. Leftovers will keep in an airtight container in the fridge for 3 to 4 days.

Scallops with Creamy Mushroom-Leek Sauce

SERVES 2

If you want to impress your partner with an elegant meal, look no further than this dish. Scallops always seem to be on the menu for fancy romantic dinners, but they can very easily (and deliciously) be replaced by the stems of king trumpet mushrooms (aka king oyster mushrooms). The thick, sturdy stems, when pan-fried in vegan butter and served in a creamy sauce of leeks and the mushroom caps, are the perfect vegan doppelganger for scallops. Serve them with some pasta or just a side salad (such as the Avocado, Pomegranate & Pine Nut Salad for a very impressive date night meal.

PREP TIME: 10 minutes
ACTIVE TIME: 30 minutes

4 large, thick-stemmed king trumpet mushrooms (see Tip)
2 tablespoons vegan butter (soy-free if necessary)
Salt and black pepper to taste
1 large leek, thinly sliced (white and light green parts) and thoroughly rinsed
1 garlic clove, minced
1 tablespoon fresh thyme leaves (or 1 teaspoon dried thyme)
1 tablespoon brown rice flour (or other gluten-free flour)
½ cup (120 ml) vegan white wine
½ cup (120 ml) unsweetened nondairy milk (nut-free and/or soy-free if necessary)
Salt and black pepper to taste

1. Rinse the mushrooms and pat them dry. Trim the caps off the mushrooms, then dice the caps into small pieces and set aside. Slice the stems into ¾- to 1-inch (2 to 2.5 cm) "scallops."
2. Melt 1 tablespoon of the butter in a large frying pan over medium heat. Season the scallops with salt and pepper and place them in the pan, flat side down. Cook for 2 to 3 minutes, until slightly crispy and golden on the bottom, then flip them. Cook for 2 to 3 minutes on the other side, until crispy and golden, then transfer them to a plate.
3. Melt the remaining butter in the pan. Add the leeks and the chopped mushroom caps and cook for about 3 minutes, until the leeks are soft. Add the garlic and thyme and cook for another minute. Add the flour and cook, stirring constantly, until the flour is fully incorporated. Add the wine and cook, stirring occasionally, until the liquid has

reduced by half, about 3 minutes. Add the milk and cook, stirring frequently, until thick and creamy, about 4 minutes. Add salt and pepper.

4. Return the scallops to the pan and spoon the sauce over them. Heat them for a minute or two before serving. These are best eaten as soon as they are prepared.

TIP

- King trumpet mushrooms can be found in natural food stores such as Whole Foods and some Asian markets. You want to choose the longest, thickest-stemmed mushrooms you can find.

Mini Salted Chocolate Caramel Pretzel Tarts

SERVES 2

Sweet and salty is what this dessert is all about. It starts with a crunchy pretzel crust, which gets filled with a salted date caramel sauce and topped with a layer of chocolate ganache, then sprinkled with sea salt flakes. The recipe makes two mini tarts, enough for you to each have your own, or you can share one and have the other one for breakfast the next day . . . or as a midnight snack or lunch or whatever. There's really not a bad time of day to eat these tarts. That's the beauty of them, in addition to the sweet and salty bit.

PREP TIME: 10 minutes
ACTIVE TIME: 20 minutes
INACTIVE TIME: 2 hours + 25 minutes

Vegan cooking spray (soy-free if necessary)

pretzel crust

1 heaping cup (60 g) broken pretzels (gluten-free if necessary)
2 tablespoons coconut sugar (or brown sugar)
⅓ cup (40 g) oat flour (certified gluten-free if necessary)
3½ tablespoons vegan butter (soy-free if necessary)

caramel layer

⅓ cup (60 g) chopped pitted Medjool dates
⅓ cup (80 ml) full-fat coconut milk
1 tablespoon maple syrup
½ teaspoon vanilla extract
¼ teaspoon salt

chocolate ganache

2 heaping tablespoons vegan dark chocolate chips (or chopped vegan chocolate)
¼ cup (60 ml) full-fat coconut milk
1 teaspoon coconut oil, melted

Flaked sea salt, optional

1. Preheat the oven to 350°F (180°C). Lightly spray two 4½-inch (11 cm) tart pans with cooking spray.
2. **To make the crust** : Combine the pretzels, sugar, and oat flour in a food processor and process into a coarse flour. Transfer to a large bowl and cut in the butter until it's a crumbly dough that holds together when squeezed.
3. Divide the dough between the two tart pans and press into the bottom and up the sides. Bake for about 12 minutes, until dark golden brown. Cool completely in the pans on a cooling rack.
4. **To make the caramel** : Combine the ingredients in a food processor. Process until smooth. Divide the mixture between the two crusts and refrigerate for 30 minutes.
5. **To make the ganache** : Place the chocolate in a heatproof bowl. Bring the coconut milk to a boil over medium heat, then immediately remove from the heat and pour over the chocolate. Let it rest for a few minutes before gently stirring until smooth. Stir in the coconut oil. Pour the ganache over the tarts and spread it out evenly. Sprinkle the tops with flaked sea salt, if desired.
6. Refrigerate the tarts until the chocolate is firm, at least 1 to 2 hours. Keep chilled until ready to serve. Leftovers will keep in airtight containers in the fridge for 2 to 3 days.

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How do I thank my family for welcoming my vegan diet?

HOMEMADE EDIBLE GIFTS TO SHOW YOUR FAMILY YOUR APPRECIATION

Okay, so you pissed off Aunt Ethel by refusing the roasted ham on Easter, and there was that fight with your brother regarding the ethics of honey. There were a few times this year that your family equated "going vegan" with "becoming a jerk," but more important, the majority of your family has not only accepted your new lifestyle but made steps to include your dietary choices in their meal planning (probably because you've been sharing dishes from this book. *You're welcome*). For example, remember when Mom made you a vegan version of your favorite cookies? Or when your spouse made you vegan waffles on your birthday? Show them how much their efforts mean to you by giving them one of these gifts.

IN THIS CHAPTER

Rescue Puppy Chow

Caramel Cashew Granola

Wild Rice, Mushroom & Lentil Soup in a Jar

Make-Your-Own Cornbread in a Jar

Apricot Pistachio Chocolate Bark

Spiced Nuts

Rescue Puppy Chow

GFO SFO TG

MAKES 9 CUPS

My cousin once gifted me a bag of this famed snack (also known as Muddy Buddies or Puppy Chow—vegans are just really pro-rescuing puppies, thus the name). I ate it until I got sick, and went to bed. Then I woke up and had the rest for breakfast. I mean, you melt chocolate, peanut butter, and butter together, coat a bunch of waffle square cereal with the stuff, and then toss it in powdered sugar! Can you blame me? Don't answer that. Just make this (ridiculously easily veganizable recipe) gift it for yourself (to test it out first, of course) and get back to me tomorrow.

PREP TIME: 5 minutes
ACTIVE TIME: 15 minutes
INACTIVE TIME: 30 minutes

8 cups (240 g) vegan waffle square cereal (such as Chex, using a gluten-free variety if necessary)

1 cup (180 g) vegan chocolate chips (or chunks)

½ cup (130 g) unsalted, unsweetened, smooth natural peanut butter

2 tablespoons vegan butter (soy-free if necessary)

1 teaspoon vanilla extract

¼ teaspoon salt

1 cup (120 g) powdered sugar (or xylitol)

1. Pour the cereal into a very large bowl. Set aside.
2. Melt the chocolate in a double boiler or a heatproof bowl on top of a pot of boiling water, stirring frequently, until smooth. Stir in the peanut butter, butter, vanilla, and salt. Stir until combined and completely melted and smooth.
3. Pour the chocolate mixture over the cereal. Stir until combined. Add the powdered sugar and toss until fully coated.
4. Spread out the mixture on a baking sheet to cool completely. Divide among gift bags or jars, or place in an airtight container. You can refrigerate it, or store it at room temperature, where it will keep for 5 to 7 days.

VARIATION

- For the peanut butter fanatics in the family, try switching out the waffle cereal with puffed peanut butter cereal (such as Barbara's Peanut Butter Puffins).

Caramel Cashew Granola

MAKES 14 CUPS

Members of my family have received jars of granola as gifts on multiple occasions. This is because a) granola is ridiculously easy to make; b) it can be used in a number of ways, as a snack food or an ice cream topping or breakfast cereal—the giftee can definitely find a way to use granola; and c) it looks pretty in jars. This is probably my most favorite granola. It's super crunchy due to the buckwheat groats and cashew chunks, and the date caramel not only makes it sweet and flavorful, but helps the granola form wonderful clusters. Nobody can resist good, clustery granola (#truth).

PREP TIME: 10 minutes
ACTIVE TIME: 20 minutes
INACTIVE TIME: 40 minutes

10 Medjool dates, pitted
½ cup (120 ml) nondairy milk (soy-free if necessary)
2 tablespoons maple syrup
2 tablespoons melted coconut oil
2 teaspoons vanilla extract
½ teaspoon salt
2½ cups (225 g) rolled oats (certified gluten-free if necessary)
2½ cups (80 g) puffed rice (or puffed millet)
1 cup (180 g) buckwheat groats (kasha)
1½ cups (225 g) chopped cashews (raw or toasted)
½ cup (65 g) hemp seeds
2 tablespoons flax meal
2 teaspoons ground cinnamon
3 tablespoons coconut sugar (or brown sugar)

1. Position two racks in the oven near the center. Preheat the oven to 275°F (135°C). Line two baking sheets with parchment paper or silicone baking mats.
2. Combine the dates, milk, maple syrup, coconut oil, vanilla, and salt in a food processor or high-speed blender and process until smooth, pausing to scrape the sides as necessary. Set aside.

3. In a large bowl, stir together the oats, puffed rice, buckwheat groats, cashews, hemp seeds, flax meal, and cinnamon. Add the date mixture and stir until combined. Sprinkle the sugar over the granola and gently stir it in.
4. Spread out the granola over the two baking sheets and bake for 20 minutes. Switch the sheets, placing the bottom sheet on the upper rack and the top sheet on the lower rack, and bake for another 20 minutes, until crisp and golden. Let cool completely before crumbling and transferring to gift jars or an airtight container. The granola will keep at room temperature for about 2 weeks.

VARIATION

- For a sweeter granola, increase the sugar to ⅓ cup (50 g).

Wild Rice, Mushroom & Lentil Soup in a Jar

MAKES TWO 1-QUART (1 L) JARS

Soup mixes are one of my favorite gifts to receive (hint, hint, *everyone who knows me*) because they look pretty sitting on the counter until that one day that I didn't have time to go grocery shopping and I'm super tired. That lovely jar of lentils and other colorful ingredients catches my eyes and I'm like, "Wait a second! I actually have some vegetable broth and water!" Then it's on. It's like my sister-in-law took a trip to the future, saw how tired and hungry I was going to be, and made the soup mix with that day in mind. And then I'm like, "This is the most thoughtful gift ever! I love my sister-in-law!" Now you can be the thoughtful, time-traveling relative and save the day!

PREP TIME: 5 minutes
ACTIVE TIME: 10 minutes

½ cup (55 g) dried onion flakes
¼ cup (20 g) nutritional yeast
1 tablespoon dried thyme
1 tablespoon dried parsley
1 tablespoon dried rosemary
2 teaspoons garlic powder
1 teaspoon paprika
1 teaspoon salt
½ teaspoon black pepper
1½ cups (300 g) green or brown lentils
4 bay leaves
1½ cups (280 g) wild rice
1 cup (200 g) yellow split peas
2 cups (90 g) roughly chopped dried shiitake mushrooms (or porcini mushrooms, or a mix)

1. Combine the onion flakes, nutritional yeast, thyme, parsley, rosemary, garlic powder, paprika, salt, and pepper in a cup or small bowl and stir until well incorporated.
2. Pour ¾ cup (150 g) of the lentils into each jar. Divide the spice mixture between the two jars. Place two bay leaves in each jar, pressed up against the side, with the bottom tips secured in the lentils and spices. Holding the leaves in place, pour ¾ cup (140 g)

of the rice into each jar. Once the rice is holding the leaves in place, you can let go of them.

3. Pour ½ cup (100 g) of the split peas into each jar. Top each jar with 1 cup (45 g) of the dried mushrooms. Tightly secure the lid on each jar. Attach a card with the following instructions to the jar:

- Combine the contents of the jar with 1 quart (1 L) low-sodium vegetable broth in a large pot. Bring to a boil, then reduce to a simmer, cover, and cook for 25 minutes. Add 2 cups (480 ml) water, bring to a boil again, and reduce to a simmer. Cook uncovered for 20 minutes more, or until the lentils and split peas are tender. Add another 2 cups (480 ml) broth or water and simmer until heated through, about 5 minutes. Remove from the heat and add salt and pepper to taste. For an extra punch of flavor when serving, add a squeeze of lemon juice or a sprinkling of chopped fresh parsley. Enjoy! (Serves 6)

TIP

▶ To make the gift even more special, deliver it with a couple of large mugs and soup spoons.

•CORN BREAD MIX•
Instructions:
Preheat the oven to 350° F. Lightly spray a 10-inch cake pan or skillet, or an 8-inch square baking dish with cooking spray or olive oil.
In a large bowl, combine 1¼ cup non-dairy milk with 1 tablespoon apple cider vinegar and let it set for 5 minutes. 1/3 cup sunflower or melted coconut oil. If you want a sweeter, maple syrup. tablespoons maple syrup. of the jar and stir. you can stir. cup fresh
•CORN BREAD MIX•
Instructions:
Preheat the oven to 350° F. Lightly spray a 10-inch cake pan or skillet, or an 8-inch square baking dish with cooking spray
olive oil.
In a large bowl,
milk with

Make-Your-Own Cornbread in a Jar

MAKES TWO 1-QUART (1 L) JARS

Cornbread mix is already vegan to begin with, so you don't need to mess with it at all. What makes this a great gift for you to give your possibly skeptical family member is the fact that the choice to keep it vegan lies with your family member. If they decide to follow the ingredient list and use nondairy milk, then hooray! If they choose to use regular milk, that's their business and they're left feeling like you aren't pushing your vegan agenda or whatever on them. And, once again, cornbread becomes the food that unites us all.

PREP TIME: 5 minutes
ACTIVE TIME: 5 minutes

3 cups (440 g) fine cornmeal (certified gluten-free if necessary)

3 cups (390 g) unbleached all-purpose flour (or gluten-free flour blend, soy-free if necessary)

¼ cup (40 g) coconut sugar (or brown sugar)

¼ cup (30 g) flax meal

2 tablespoons baking powder

1 teaspoon baking soda

1 teaspoon salt

Whisk all the ingredients together in a large bowl. Divide evenly between the two jars. Tightly secure the lid on each jar. Attach a card with the following instructions to the jar:

- Preheat the oven to 350°F (180ºC). Lightly coat a 10-inch (25 cm) cake pan or skillet or an 8 × 8-inch (20 by 20 cm) baking dish with cooking spray or olive oil.
- In a large bowl, combine 1¼ cups (300 ml) nondairy milk with 1 tablespoon apple cider vinegar and let it sit for 5 minutes. Whisk in ? cup (80 ml) sunflower oil or melted coconut oil. If you want a sweeter, moister cornbread, add 2 tablespoons maple syrup. Add the contents of the jar and stir until smooth. If you like, you can stir in 1 cup (140 g) fresh corn kernels OR 1 cup (150 g) fresh blueberries OR ¼ cup (60 g) canned diced green chiles OR 2 tablespoons diced jalapeños.
- Pour the batter into the prepared pan and bake for 20 to 25 minutes, until a toothpick inserted into the center comes out clean. Let it rest for 10 minutes before serving. Enjoy! (Serves 8 to 10)

Apricot Pistachio Chocolate Bark

SERVES 10 TO 12

Bark is a weird name for what's basically just chocolate studded with delicious bits of awesomeness. Wonderful, amazing, luscious chocolate. *With awesome bits! Bark* kind of undersells it, right? Regardless, it's incredible stuff that everyone and their brother (so, like, your entire family) will be excited to receive. You heard the part about the awesome bits, right? In this case, the awesome bits include chunks of dried apricots and chopped pistachios. In dark chocolate. Do I really need to keep explaining this?

PREP TIME: 10 minutes
ACTIVE TIME: 15 minutes
INACTIVE TIME: 60 minutes

2½ cups (450 g) vegan dark chocolate chunks (or chips; soy-free if necessary)

2 teaspoons coconut oil

⅓ cup (55 g) roughly chopped pistachios

Heaping ½ cup (about 75 g) chopped dried apricots

Flaked sea salt

1. Line a baking sheet with parchment paper or a silicone baking mat. If possible, use binder clips to clip the edges of the paper to the rim of the sheet. This will hold it in place when you're spreading the chocolate.
2. Melt the chocolate with the coconut oil in a double boiler or a heatproof bowl on top of a pot of boiling water, stirring frequently, until smooth.
3. Pour the chocolate onto the prepared baking sheet and use a silicone spatula to spread it until it's about ¼ inch (6 mm) thick. Sprinkle the top with the pistachios and apricots, then with salt. Refrigerate for 1 hour, or until completely set.
4. Break the bark into pieces and place the pieces in cellophane bags tied closed with string or in a cute box. Store in a cool, dry place.

VARIATIONS

- You can, of course, use different dried fruits and/or nuts in this bark. Just use equal quantities as listed and you'll be golden.
- For a nut-free option, use shelled sunflower seeds or pepitas (pumpkin seeds).

TIP

To really make this bark stand out, use high-quality, high-cacao-content chocolate.

Spiced Nuts

MAKES ABOUT 5½ CUPS

If you're wondering what your Uncle Jim will be saying as he digs into his gift bag of spiced nuts, this is it: "Oh man. These are so good. Oh MAN! I can't stop eating them! Mel, who gave these to us? What? No, you're wrong. The vegan did not give these to us. There's no way on Earth that these are vegan. You're wrong, Mel. Jeez, these are good! You didn't get any? What?! You've got to try them . . . Crap. Sorry, honey. I ate them all. Call up the vegan and get the recipe!" There you go. Get the gift bags ready.

PREP TIME: 10 minutes
ACTIVE TIME: 15 minutes
INACTIVE TIME: 30 minutes

1½ cups (225 g) cashews
1½ cups (225 g) almonds
1½ cups (170 g) pecans
1 cup (140 g) peanuts
¼ cup (40 g) coconut sugar (or brown sugar)
3 tablespoons coconut oil, melted
3 tablespoons maple syrup
1 tablespoon lemon juice
1 tablespoon chili powder
2 teaspoons ground cumin
1 teaspoon ground cinnamon
Pinch of cayenne pepper
Flaky sea salt or kosher salt to taste

1. Preheat the oven to 350°F (180°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. Combine the cashews, almonds, pecans, and peanuts in a large bowl. In a small bowl, stir together the coconut sugar, coconut oil, maple syrup, lemon juice, chili powder, cumin, cinnamon, and cayenne pepper. Pour over the nuts and toss until combined. Spread out the nuts on the baking sheet and sprinkle with salt.
3. Bake for 18 to 20 minutes, stirring twice with a spatula, until the nuts are golden brown and glazed. Let them cool completely before transferring to small paper bags or jars or

a large airtight container. The nuts will keep at room temperature for 4 to 5 days.

Gratitude

When my first book, *But I Could Never Go Vegan!* , came out, I asked my blog readers what their biggest excuses were for not going vegan. An overwhelming majority claimed a) not wanting to cook different meals for their family members, b) dealing with persecution from family, and/or c) not wanting to miss out on family traditions as main reasons for not going vegan. I completely related—when I was first going vegan, dealing with family was definitely a scary stressor for me. When it came time to write another book, I decided to go with a theme that seemed to be of extreme interest to my readers. And so I have all of you wonderful readers of *Keepin' It Kind* to thank for giving birth to the concept of this book. I hope you and your families enjoy it (or at least have more peaceful mealtimes)!

I would not have been able to write this book if I did not have the family I have. All the experiences I've had with them (both my family and my husband's family), before going vegan and after, helped shape this book. Thank you to my grandparents for building rich traditions for our family and to all of my aunts and uncles for making sure that our entire family was together for every occasion. Thank you to my parents who have always had my back when it comes to my life choices and have supported me 100 percent. Thank you to everyone in my family who has questioned and even lovingly teased me about my decision to go vegan. All of it has taught me and built me into a stronger person. Thank you for trying my food. Thank you for always loving me even when we have different opinions. Thank you to my mother-in-law, Anne Miller, who not only accepted our lifestyle choice, but goes out of her way to have everything we could possibly need in her fridge when we come to visit. Thank you to my sister-in-law, Sharla, for being so supportive and cooking so many of my recipes. It means so much to me. Thank you to Shelby Collings for always, without fail, making sure Chris and I have vegan options on the table (you are amazing!). Thank you to the rest of my in-laws for always being so encouraging and

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(clockwise from top left):

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Chickpea Caesar Pasta Salad
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PB&J Roll-Ups
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Praise for

But My Family Would Never Eat Vegan!

"A cookbook for any household looking to eat more consciously, featuring recipes that will satisfy everyone at the table, both vegans and omnivores."
—*Publishers Weekly*

"No one wants to say goodbye to their favorite childhood meals or family traditions. Luckily, in *But My Family Would Never Eat Vegan!* , Kristy Turner once again proves that going plant-based doesn't have to mean going without—armed with a positive attitude, playful wit, and an array of mouthwatering recipes!"
—Angela Liddon, *New York Times* –bestselling author of *The Oh She Glows Cookbook*

"With grace and humor, and more than 100 exceptional vegan recipes, Kristy Turner helps people take significant steps toward eating more healthfully, living more mindfully, and creating positive dining experiences for both vegans and non-vegans sitting at the same table."
—Gene Baur, president and cofounder of Farm Sanctuary, author of *Farm Sanctuary* and coauthor of *Living the Farm Sanctuary Life*

"You won't believe these traditional family recipes gone vegan: Philly Reubens, Tempeh Sloppy Joe Sliders, Buffalo Cauliflower Wings—and Salted Vanilla Maple Blondies for dessert. It's a feast for every member of the family. Bring it on!"
—Chef Chloe Coscarelli, author of *Chloe's Kitchen* , *Chloe's Vegan Desserts* , and *Chloe's Vegan Italian Kitchen*

"A tender, humorous tribute to food as a form of connection, *But My Family Would Never Eat Vegan!* is a family-friendly cookbook and so much more! Ever gentle, welcoming, and wise, Kristy Turner will ease any new vegan's trepidations and guides all readers through the ins and outs of sharing vegan food with reluctant—or even stubborn—family members. These vibrant, satisfying recipes are proof that plant-based food can occupy a celebrated place on any family's table."

—Gena Hamshaw, author of *Food52 Vegan*

"I love this cookbook so much! It's beautiful and inspiring, and I can't wait to make every. single. recipe!"

—Julie Hasson, vegan chef and author of *Vegan Casseroles* , *Vegan Diner* , and others

"We all want to make better choices for our health, but what do you do when your own flesh and blood . . . seems to eat only flesh and blood?! Kristy's back with another great collection of inventive, delicious recipes that's sure to please even the most veggie-phobic members of your family!"

—Randy Clemens, author of *The Veggie-Lover's Sriracha Cookbook*

Praise for

But I Could Never Go Vegan!

"Charming."

—Washington Post

"Turner's book is both beautiful and inspiring. Vegan foodies and foodies considering becoming vegan will be eager to break out their farro, sriracha, and liquid smoke, and have fun in the kitchen."

—Library Journal

"Home cooks are given invaluable how-to's to get started with vegan cooking. . . . Gift-worthy."

—Publishers Weekly

"A treasure trove of new flavour combinations. . . . Vegan or not, kitchen newbie or five star chef, there is something for everyone in this fun cookbook. The most tongue-in-cheek and delicious piece of food activism to date, this book is a must read."

—T.O.F.U. Magazine

"A goal of the author, who is the writer and food stylist behind the vegan food blog, 'Keepin It Kind,' is to make vegan cooking accessible for everyone. She's clearly succeeded with this delightful and approachable book."

—Cookbook Digest

"This cuisine is delicious."

—Vegetarian Journal

“Doesn’t skimp on flavor, just the red meat.”

—Metro Boston

“Tackles food myths with delicious recipes. . . . Beautiful photos illustrate almost every recipe, showing how appetizing these dishes are, and there are plenty of how-to photos.”

—Oregonian

“The recipes cover all the basics . . . but also offer more adventurous fare. . . . This book covers all the vegan bases.”

—Portland Press Herald

“Best Aspect: A wide variety of recipes for condiments, cheesy dishes without dairy cheese, fancy dinner party dishes and desserts.”

—Detroit Free Press

“Buy this book. Banish those excuses. Have fun along the way.”

—Marin Independent Journal

“Even to a committed carnivore, Turner’s whimsically seasoned tone is at once inviting and authoritative. Hey, you could do this!”

—Virginian Pilot

ALSO BY KRISTY TURNER

But I Could Never Go Vegan!: 125 Recipes That Prove You Can *Live Without Cheese, It's* Not *All Rabbit Food, and Your Friends* Will *Still Come Over for Dinner*

About the Author

KRISTY TURNER is the writer, recipe developer, and food stylist behind the vegan food blog Keepin' It Kind and the author of *But I Could Never Go Vegan!* Once a professional fromagier and mutterer of the words, "I could never be vegan," Kristy, a stepmom to two teenagers, now loves her compassionate lifestyle and works with her husband, photographer CHRIS MILLER, to make veganism accessible, fun, and delicious for everyone.

BUT MY FAMILY WOULD NEVER EAT VEGAN! : *125 Recipes to Win Everyone Over*
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BECAUSE EVERY BOOK IS A TEST OF NEW IDEAS

* *For the record: It's not my recipe—it's Isa Chandra Moskowitz's. Check out the Savory Mushroom Gravy on her blog, theppk.com . You won't be sorry!*

* *Actually, my stepson has said this a lot of times. But he's, like, the only person who's ever said it, I'm pretty sure.*

* *Thank you, Isa Chandra Moskowitz, for creating your Savory Mushroom Gravy. It's a huge hit with my family.*